THE TREASVRIE OF Hidden Secrets,

Commonly called,

The Good-huſwives Cloſet of proviſion, *for the health of her Houſhold.*

Gathered out of ſundrie experiments, lately practiſed by men of great knowledge: and now newly inlarged with divers neceſſary Phyſick helpes, and knowledge of the names and diſpoſition of diſeaſes, that moſt commonly happen to men and women.

Not impertinent for every good Huſwife to uſe in her houſe, amongſt her owne Familie.

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LONDON,
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396,08

To all VVomen that love and profeſſe the practice of good huſwifery, as well Wives as Maides.

COurteous Gentlewomen, honeſt Matrons, and vertuous Virgins, I did not long agoe print (in my opinion) a very neceſſary Booke of Cookery, and bequeathed it unto you, called, The Good huſwives hand-maid for the Kitchin; and perceiving no leſſe, but that it was acceptable among many of you, I have lately reprinted the ſame; and for that this Booke, called, The good huſwives Cloſet, of neceſſary proviſion for the health of her houſe-hold, containing, The manner as well to make all kinde of Conſerves and Sirrops, and Suger-paſte for banquetting diſhes, Succade, Marmalade and Marchpane, divers ſweet diſtilled waters of great vertue, fine powders for Preſſes, and Cheſts, with woollen and linnen Clothes, and Furres, to keepe them from moth-eating; and many precious Oyles of ſundry operations and effects: as alſo neceſſary directions for preparation of good and wholeſome Kitchin Phyſicke, in making good Medicines, wholeſome Drinkes, and other comfortable things, to helpe and cheriſh the ſicke and weake in your houſe, hath likewiſe been printed by me aforetime; I thought good now to advertize you, that I have conferred them both together, and in examining them, found ſome things in the one, more pertinent unto the other; and ſome things in the one that was likewiſe in the other, and therefore needleſſe that the ſelfe-ſame things ſhould be in both, I have therefore placed each thing that before was out of order, in his due and convenient place, and doe commend both unto your protection:

tection : the one for your Kitchin, and this other ready helpe, alwayes at hand as a ſtorehouſe, or Treaſurie of many profitable ſecrets, and unknown conceits to be uſed as occaſion ſhall require. Firſt, printed at the requeſt of a Lady of great calling, and now augmented with ſome rare conceits not before publiſhed : How good ſoever they be, yours they be : and my ſelfe at your command, to publiſh any thing that may be to your good liking, and to amend what otherwiſe ſhall prove to your diſcontentment.

I. W. Printer.

The Author of theſe Secrets to this Booke.

Vpon occaſion that a Lady of Honourable regard, having ſeene this Booke in writing, earneſtly requeſted, or rather commanded to have a copy of the ſame.

GOe little Booke of profit and pleaſance,
To my Honourable Lady without delay:
Shew her I ſend thee for performance
Of her requeſt, ſith ſhe would have no nay:
Yea, ſay, her command of me hath obtained
Thee: that no gold nor good could have gained.

The

The Treasurie or Closet of hidden Secrets.

To make a Marchpane. chap. 1.

TAke halfe a pound of blanched Almonds, and of white suger a quarter of a pound, of Rose water halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they ware thicke, then beat them againe with suger fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take water-cakes of the broadest making, cut them square, paste them together with a little liquor, and when you have made them as broad as will serve your purpose, have ready made a hoope of a greene hazell wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoope upon your Wafer-cakes aforesaid, and then fill your hoope with the geare above-named, the same beaten smooth above with the backe of a silver spoone, as ye doe a Tart, and cut away all the parts of the cakes, even close by the outside of the hoope with a sharpe knife, that it may be round; then having white paper underneath it, set it upon a warme hearth, or upon an instrument of Iron or brasse made for the same purpose, or into an Oven, after the bread is taken out, so it be not stopped: it may not bake, but onely be hard and thorow dried, and ye may, while it is moist, sticke it full of Comfets of sundry colours in a comely order, ye may moist it over with Rose water and suger together: make it smooth, and set it into the Oven or other Instrument, the cleerer it is like a Lanterne horne, so much the more commended. If it be thorough dried & kept in a dry and warme aire, a Marchpane will last many yeeres. It is a comfortable meat, meet for weake folks, such as have lost the taste of meats by much and long sickness. The greatest secret that is in making this cleere, is with a little fine flowre of Rice, Rose water and suger beaten together, and laid thin over the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

To gild a Marchpane, or any other kind of Tart. chap. 2.

Take & cut your leafe of gold, as it lyeth upon the book into square peeces like dice, & with a Conies tailes end moisted a little, take the

gold by the one corner, lay it on the place being first made moist, and with another taste of a Cony dry, presse the gold downe close. And if you will have the forme of an Hart, or the name of Jesus, or any other strange thing whatsoever, cut the same through a piece of paper, and lay the paper upon your Marchpane and Tart: then make the said place of the paper moist with Rose-water, lay on your gold, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboile them in water till they be tender, let the water run from them till they be dry: Then put in every coffin one Quince in it a good quantity of marrow. Also, take Sugar, Cinamon, and a little Ginger, and fill the Coffin therewith, close it, let it bake an houre, and so serve it.

To keepe Quinces unpared all the yeere. chap. 4.

Take ripe Quinces, and at the great end cut out a simple, then take out the coare cleane, and stop the hole againe with the same stopple (but pare them not) and perboile them a little, take them up, and let the water drayne from them, then put all the coares, and some of the smallest Quinces in little peeces all to cut into the water wherein all the Quinces were perboiled, and let them seeth till the liquor be as thicke as molten glasse that Painters occupie, then take it from the fire, and let it cole: in the mean season couch your cold Quinces in a barrell, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one upon another. Then put the liquor in, that it be an handfull over and above them: Cover them close, and after 4. or 5. daies looke to them, and when you see the liquor sunke downe, put in more of the same, which you purposely kept to cover them, as before: then lay a board upon them, and a stone, that they rise not, & cover the vessell close with a thicke cloth folded that it take no aire, so let them remain. And when ye intend to occupy some of them, uncover the vessell, & ye shall find a cream covering the whole liquor, breake it in the middest, turne it over with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remove none, if it may be, but those that they take away: and every time you breake the creame, turne it over again into his place, for you must know that the creame keepeth out the aire, and keepeth in the strength of the syrrop, therefore it maketh much to the conservation

tion of the fruit to save it, and also to set the vessell close coverd. Also, when you will bake your Quinces, wash them well and cleane in warme water, and bake them as before is written.

To make Vineger of Roses.

In Summer time when Roses blow, gather them, ere they be full spred or blown out, and in dry weather plucke the leaves, let them lie halfe a day upon a faire bord, then have a vessell with Vineger of one or two gallons (if you will make so much Roset:) put therein a great quantity of the said leaves, stop the vessell close, after that ye have stirred them well together; let it stand a day and a night, then divide your Vineger and Rose-leaves together in two parts, put them in two great glasses and put in Rose-leaves enough: stop the glasses close, set them upon a shelfe under a wall side on the South side without your house, where the Sunne may come to them the most part of the day, let them stand there all the whole Summer long, and then straine the Vineger from the Roses, and keepe the leaves, and put in new leaves of halfe a daies gathering, the Vineger will have the more odour of the Rose.

You may use in stead of Vineger, Wine, that it may ware eager, and receive the vertue of the Roses both at once.

Moreover, you may make your Vineger of Wine White, Red, or Claret: but the red doth most binde the belly, and the White doth most lose.

Also, the Damske Rose is not so great a binder as the red Rose, & the White loseth most of all: Hereof you may make Vineger roset.

Thus also you may make Vineger of Violets or of Elderne flowers: but you must first gather and use your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserve o. Elderne flowers.

To make Paste of Sugar, whereof may bee made all manner of fruits and other fine things with their forme: as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you have done, you may eat them up. A pleasant conceit for them that sit at the Table. chap. 6.

Take Gum Dragant, as much as you will, and keepe it in Rose-water untill it be mollified, and for foure ounces of Sugar, take of it

the

the bignesse of a beane, the juyce of Limons, a Walnut shell full, and a little of the white of an Egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or brasse, untill it become like water, then put to it the juyce with the white of the Egge, incorporated well together. This done, take foure ounces of fine white suger well beaten to powder, and cast it into the morter by little and little, untill it be turned into the form of paste: then take it out of the said morter, & bray it upon the powder of suger, as it were meale or flowre, untill all be like paste, to the end you may turne it, and fashion it which way you will: when you have brought your paste to this forme, spread it abroad with Cinamon upon great or small leaves, as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as many serve at table, taking heed that there stand no hot thing nigh unto it. At the end of the banquet they may breake all, and eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and savourous. If you will make a thing of more finenesse than this, make a Tart of Almond, tramped with suger and Rose water of like sort that Marchpanes be made of: this shall you lay betweene two pasts of such vessels, or fruits, or some other thing, as you thinke good.

To make Orenge Comfets. chap. 7.

Take Orenge pillings, lay them in faire water a day and night, then seeth them in white Wine: then take them out of the Wine, and put them in an earthen pot, & put therein Suger, Cinamon, Cloves, and Mace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for rosted Quinces. chap. 8.

Take fine Suger halfe a pound, beaten in a hot morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will have it most excellent, cast two spoonfull of Rose or Damaske water in beating of the Suger.

To preserve Quinces in sirrop condite, alway ready to be serued in whole, in quarters. chap. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be cold, in the meane time

time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keepe) & put therin the coares and some other small peeces, seethe them in the liquor, to make the sirrop strong: straine them, and put into the liquor, being two or three quarts, one pint of Rose water, and for every quart of liquor one pint of Rose water, and for every quart of liquor, one halfe pound of Suger, seeth them againe together on a soft fire of coales, till the Suger be incorporated with the liquor, then put in your Quinces, let them seethe softly till you perceive that your sirrop is as thicke as life Honey, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bruised Cinamon, and some whole Cloves, put them with some of the Cinamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gestelin glasse) or in an earthen pot well glazde: then strew a little of your Cinamon upon your Quinces, then powre some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you have done, and cover them two fingers over with sirrop above, cover them close: and within three or foure dayes looke to them: and when you finde the sirrop shrunken downe, put in more, and so reserve them. These are to bee served in with sirrop. See that the Quinces bee tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Suger, half a pint of Rose-water, and a pint of faire raine-water, or of some other distilled water, seethe the Suger, and the two waters upon a soft fire of coales till the one halfe bee consumed: then take it from the fire, and when it leaveth boyling, put therein halfe a pound of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Cloves bruised, and when it is cold, keepe it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with Suger, the better it will continue. Some put into the sirrop Cinamon, Saunders, Nutmegs, Cloves, and a little Ginger, seethe them not hastily, for feare of much breaking.

To make Walnuts of sirrop, chap. 11.

Take your Nuts tenue daies before Midsummer day, lay them in water, and change them morning and evening, till nine or ten daies bee past, then pare off as thin as ye can the utter rinde, but the very

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ground of them, and seeth them in such sirrop as yee doe Orenges, and when it is sodden, ye must keepe them in a new sirrop of the same making, or else make a sirrop to seeth them in of clarified honey, take raine water, for lacke of that, take other water, take three times as much water as yee doe hony, and seethe it long and softly, then as the skim doth rise, take it off, and so let it seethe till it be cleane scummed, and assay it upon your naile; if it tarry there, it is thicke enough, else not: there is all, and seethe your Nuts therein, and put them in a sirrop of Suger.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condite, as before in the chapter is written, then with some of your liquor wherein they were sodden (but without any spice) beat them, and draw them as yee would doe a Tart: then put some over the fire, and seethe them softly, and in seething, strew by little and little of powder of Suger, the weight of the Quinces or more, as your taste shall tell you, stirre it continually, put thereto some pure Rose-water, or Damaske water, let it seethe on height till it be well standing, which thing yee may know, by taking some of it upon a cold knife, and let it coole: if it stiffe be, then take it off, and box it while it is warme, and set it in a warme and drie ayre: if you will gild your Marmalade, doe as afore is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces have layne long and are through ripe, and very yellow, as in Lent season.

And for as much as Quinces are binding, and therefore not good for some sicke folks costive, it is necessary to put a good many of ripe Apples of good virdure, as Renet, Pippin, Lording, Russetting Pomeriall, Rex Pomorum, or any other Apple that is pleasant, raw among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantity and vertue of the same, especially if it bee well dashed with sweet water.

To make Marmalade of damasins or Prunes, chap. 13.

Take Damasins which are ripe, boyle them on the fire with a little faire water, untill they be soft: then draw them thorow a course boulter, as yee make a Tart, set it on the fire againe, seethe it on height with sufficient Suger as you doe your Quinces, dash it with sweet water, &c. and box it.

If you will make it of Prunes, doe likewise put some Apples to it as you did to your Quinces. This wise you may make Marmalade of Mardens, Peares, Apples, and Medlers, Cerbise, Cherries, or Strawberries, every one by himselfe, or else mixe it together as you thinke good.

To make a Succade of peeles of Orenges or Limmons. chap. 14.

First, take off your peeles by quarters, and seethe them in faire water, from three quarts to three pints: then take them out, and put to as much more water, and seethe them likewise, and doe so againe, till the water wherein they are sodden, have not bitternesse at all of the peeles, then are they ready. Now prepare a sirrop as yee doe for Quinces condit in the sirrop, in the 9. chap. before written, seethe them in a glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and use them, as followeth: Lay a broad lane of faire sand upon a faire floore on the ground, halfe a foot thicke, then lay your rases of Ginger upon the sand in order, cover the Ginger with more sand, foure or five inches thicke, sprinkle the sand over with faire water twice every day, that it may bee moist, thus daily doe till yee shall perceive your rases to bee soft. Then take up your rases, wash them, and scrape them cleane, have a sirrop ready made, as is above said, seethe them in it till they bee well seasoned: take them up, and with sugar of the sirrop roll them or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white sugar: put thereto foure ounces of Rose-water, seethe them upon a soft fire of coales, till the water bee consumed, and the sugar is become hard: then put therein a quarter of an ounce of the powder of Pearles, stirre them together, put for every spoonfull a peece of a leafe of gold cut of purpose, roll them upon a leafe of white paper, being first anointed with sweet Butter for cleaving to.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne from the yeast 24. houres after it hath stood tunned, & put it into a close vessel, wherein you shall put these herbs following, and 4. ounces of Nutmegs scraped and beaten in a mortar, and so much Cinamon well garbled, then stirre them together twice a day for the space of three weeks, and let them stand 24. houres after: then put them into the stilling pot, and (if you please)

you may also put in the lees of Malmesey or Sacke, or any other distilled waters, but still not your pot too full, then set on your Limbeck, and close it fast to the pot, and keepe a soft fire under it. These are the herbs with their quantities.

Isop, Time, Rosemary, Sage, Parsley, Borage, Langdebeef, red Fennell, Sorrell, Harts-tung, Bay-leaves, Bugloss, Scabias, Marigold, Costmary, Ribwort, Sentory, Liverwort, Fumitory, of each a handfull.

Marierum gentle, Basill, Mints, Champane, Woodbind, Patience, Valerian, Endive, Wormewood, Pennyroyall, Camomill, of each halfe a handfull.

To make Aqua vitæ. chap. 18.

Take foure gallons of strong Ale or Wine lees, and put them in a vessell, and cover it well: then put to it three or foure handfull of Rosemary, Pennyroyall, Liverwort, Harts-tongue, or any other good herbs, and stirre them together twice or thrice a day, for the space of foure dayes: then put them in a braile pot, and still with a temperate fire, for else you burne your pot and lose your Aqua vitæ, which will stinke and looke red: Also looke you keepe your water in a temper, and when it is very hot let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from under the spout, and light it with a paper, and if it burne cleane out, it is good, else not.

How to make divers necessary Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops of flowers of S. Johns wort, that hathred juyce, three ounces, shred them small, and lay them to steep in sweet Wine, as much as needeth three dayes: then boyle them in a double glasse, close stopt, and presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strained, put to it Terebinthi 3. ounces: of good Oyle 6. ounces, and of Saffron a scruple, so let them boyle till the wine bee consumed: which powred cleare out from the grounds, reserve to be used.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the urine.

Oyle

Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small shred, put into some glazen vessell, and poure out so much sweet Oyle as will cover them, and close stopt, let it stand in the Sun, or in some other hot place five dayes: then boyle it, and being strained from the herbs, take so many fresh herbs, and use it as aforesaid foure or five times, and reserve it to use as aforesaid.

It is hot, opening, resolving, and mitigating paine: it heateth the reines, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be anointed therewith, or a glister made therewith, it is good for the sinewes, helpeth the Cramp and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaves of Dill, &c. as afore of Rue, It mitigateth paine, openeth the pores, provoketh sweat, resolveth vapors, impostumes, swellings, and hardnesse in any place, and if the backbone bee anointed, it easeth the paines and growing of Feavers.

Oyle of Elder flowers in the same manner.

It sompleth, cleanseth the skin, helpeth the weakenesse of the liver, and the stopping of the same, and greatly asswageth the paine of the joynts.

Oyle of the leaves and flowres of Camomile, as Rue and Dill.

It is good against the Plurisie, openeth the pores, resolveth vapors, correcteth the evill quality of humours, and is good for the sinews, and abateth the paine marbellously.

Oyle of sweet Mints, as aforesaid.

It comforteth a weake stomacke, stayes vomit, moves appetite, helpeth concoction, and taketh away loathsomnesse.

Oyle of Wormewood.

It is hot, and comforteth the parts that are too much cooled, chiefly the stomacke, provoketh appetite, taketh away obstructions, and killeth wormes.

Oyle of Roses, and of Rose buds.

It is good against inflammations, it coleth the burning and boyling of the stomacke, and fretting of the bowels, if it be given in glister, and to anoint the teeth, it taketh away the ach.

Of the Oyle of Violet flowres.

It is good against all inflammations and heat,

To make Oyle of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oyle two pounds, of sweet wine two ounces: boyle all together untill the wine be quite consumed, then straine it and keepe it.

This Oyle is good for the sinewes that are cold, and helpeth the paine in the joynts.

Oleum Benedictum.

Take of Oyle two pound, Storax, Calamite, Labdanum, Olibanum, Saffron, Gum-Arabick, Madder, gum of the Iuy-tree, Alloes, Succotrine, Mastick, Cloves, Galingale, Cinamon, Nutmegs, Cucubes two ounces, Gum-Elamy a pound, Mirrhe, Bdellium halfe an ounce, Galbanum six ounces, Spike an ounce, Rosin of the Pine-tree, Armeniace, Opoponax two drams: beat all to powder that is to be beaten, and mix it with the Oyle, and put all into a stillitory of glasse, with the head and receiver so closed, that no aire come out, setting your Limbeck upon a soft fire twelve houres, increasing your fire from six houres to six, till all be stilled. This done, beat all the residence in the bottome of the still to fine powder, and with the same Oyle distill it the second and third time as afore, and it shall be as it were Balme.

It is good against Crampes, Palstes, paines of the joynts, cold Catars, greene wounds and ulcers, it comforteth the spirit, openeth obstructions, one drop in the eare helpeth the hearing: A rose-cake dipped in it, and laid to the Temples, helpeth the Megrim, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. dayes together, cureth the disease of the Lungs, and the quartaine Feaver. If you give a spoonfull with wine thirty dayes with a little powder of Piony roots, it helpeth the falling sicknesse: so that if the coronal commissure bee also anointed it easeth the paine of the French Pocks, and is good against the stinging of any venemous beasts, and for all diseases of the sinewes.

To make Conserve of Roses, or other flowres. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaves from the white, and beate and grinde them in a stone morter with a pestle of wood, and to every ounce of Roses, put three ounces of Suger in the grinding (after the leaves are well beaten) and grinde them together till they be perfectly incorporated, then put it in a glasse made of purpose, or else into an earthen

put, stop it close, and so keepe it. Thus you may make Conserves of all kinde of flowres commonly used for Conserves.

The vertue of Conserve of Roses.

Conserve of Roses comforteth the stomacke, the heart, and all the bowels, it mollifieth and softneth the belly, and is good against black Choler and Melancholy. Conserve of white Roses doth loose the belly more than the red.

To make conserve of violets. chap. 21.

Take the flowres of Violets, and pick them from the stalke, beate and grinde them with suger as you did your Roses: to these put double the weight of suger to the weight of Violets, but to all flowres put three parts of suger to one part of the flowres.

The vertue of the same.

Conserve of Violet flowres is good against the heat & inflammation of Choler, called yellow choler, it quencheth thirstinesse, it maketh the belly moist and soluble.

The vertue of conserve of Buglosse. chap. 22.

Conserve of Buglosse flowres comforteth the heart, it is good for the frantike, and for the melancholy: it is good for the soincop and sowning, it taketh away heart burning, and trembling of the heart or stomacke, it profiteth against choler.

The vertue of conserve of Borage. chap. 23.

Conserve of Borage flowres is of like vertue, it is especially good against blacke Choler or Melancholy, it also maketh one merry.

The vertue of conserve of Rosemary. chap. 24.

Conserve of the flowres of Rosemary comforteth the cold and moist brayne, it comforts also the sinewes, it is good against melancholy and fleame.

To keepe Cherries condict, or Gooseberries. chap. 25.

Make your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalke of every Cherry, put them into the sirrop, and use them as you did the Plummes, put in what spice pleaseth you, and so keep it as before is written: but make your sirrop strong enough of suger, lest it wax hoare and corrupt, then must ye make a new sirrop stronger of suger, & put the Cherries: in it to keep, as before is said: Thus may you doe with Gooseberries to make of them Tarts or sauces all the yeere long, saving that Goose-

berries

berries may be well sodden without breaking, because of their rough skinne, so it be softly and diligently done.

To make a Conserve or a Jelly of Quinces, after my Lady Gray Clements sort, unstrained. chap. 26.

Take six pints of faire water, put in a faire vessell, put thereto the whites of sixe egges, and with your hand all to beate the water and the egges together, till you shall see your liquor rise with great foame, then put into your liquor six pounds of suger, to sixe pints of water, that is halfe measure, if ye make it at Michaelmas or at Hollantide: after that, five pounds and a halfe of suger will serve sixe pints of water. Then set your liquor, egges, and suger on the fire, and let them séethe till the scum arise: then take it off and scum it cleane, and set it on the fire againe, and scum it still, as long as there will any foule thing or scum arise. Then put in twelve pound of Quinces with the coares taken out, so let them boyle softly, and still scum if any thing doe arise: and when it beginneth to looke red, lay a drop of it upon a paper, and when ye finde that it will stand upon the paper, then it is sodden enough: then take it off, and let it run thorow a fine haire sive into your boxes, and with a spoone take off the froth above, and this will keep, but it must séethe soberly, and no rash fire, but a continuall reasonable fire.

To preserve Quinces all the yeere, as it was used for King Edward. chap. 27.

Take your Quinces and pare them, and séethe them in cleare water till they be tender, then put the water from them: then take suger, and put water to it, to a pound and a halfe of suger put halfe a pint of Rose-water, to seethe them together till they be thick like a sirrop, and seethe them all till they be browne. Then take out the Quinces, and let the sirrop seeth againe till it be somewhat thicke, as ye sée the sirrop of gréene Ginger. Then put in your Quinces againe, and let them seeth three or foure, Pater Noster whiles, then take them from the fire, and put them in a stone pot, or a little vessell of wood, and thus keepe them all the yeere: If you list to put Cinamon, you must put to every five pound of suger one ounce of Cinamon, and if you have no store of Rose-water, yee may make the same sirrop of running water, but it will not bee so pleasant as Rose-water, but it will doe very well.

To

To make Quinces in sirrop. chap. 28.

Take thirtie Quinces, and take out the coares of them, and part them, and ever as they be pared, cast them in faire water: when they are all pared, take a pot of faire water, and put your Quinces in it, let them séethe till they be so tender that yée may put a straw or rush thorow them: then take to your Quinces five or six pounds of Suger, and take some cleane water, as much as yée thinke will cover your Quinces, and put into this water your sugar, and foure or five whites of Egges all to beaten, so that there may rise upon them a froth. Then put them so dressed into your water with Suger, and let that stand upon the fire, till it hath sodden a wallop or twaine. Then take a péece of a woollen blanket, and powre this water thorow with Suger and all: then put this water into a faire pot, and the Quinces together, and let them séethe till your Quinces be very tender, and ever as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrop boyle till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within thrée dayes looke upon it againe, and if the sirrop war thicke, take more water and Suger, and dresse it as afore written, and when you have put it thorow a cleane cloth, then take the Quinces and the new sirrop, and put all together and let them séethe a while: then take out your Quinces and let the rest séethe till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so kéepe them all the yéere, but before that your sirrop bée thicke enough, or else it will marre all: you may not put in your Quinces at the second séething, till your sirrop bée somewhat thicke, for they bée not put in to séethe, but to soake out the watrinesse of the first sirrop, and therefore they may seethe but a little while of the second séething.

To make conserve of Damsons. chap. 29.

Take Damsons and wash them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and cover your pot with a péece of paste, and put your pot in an empty Oven, which was filled with bread, and then put in your pot after the bread is out, and stop it very close, & let it stand foure houres. Then take it out, and put your Damasins in a peece of thicke Canvas, and let the liquor that runneth from them, come into a faire pan and in any wise breake not the Damasins that are in the cloth to haue

wise liquor, for you must have no liquor but that which commeth from them. Then take a faire boyling pan, and put your liquor in it, and put to it as much beaten Suger of the finest, as ye thinke will make it sweet, and sethe it upon a quicke fire, and when ye thinke it is enough, take a sawcer, and with your stirring sticke let a drop fall upon your sawcers side, and if it be enough, it will be somewhat stiffe. Then take it from the fire and put it into your box, also you must stirre it still.

To preserve Damasins. chap. 30.

You must take for every pound of Damasins halfe a pound of Suger. First make your sirrop with Suger and rose-water, and when you have boiled it a while, then put in your Damasins, so that they lie not too neere together, so let them boile till they be red at the stone, then take them out, and put them in a platter, and then put in more to the same sirrop, and let them boile as the other did: and when they be all boiled and cold, close the skimmes as close as ye can, and powre on the liquor being hot, and so let them stand a while or ever that you put them into the glasses.

To make Wardens in sirrop. chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they bee tender, then take them up and pare them, and cut them in two or three peeces, and take powder of Cinamon a good quantity, and put it in red wine, and straine them, and cast thereto Suger. Then put it in an earthen pot, and let it boile together, and when they are well boiled, take powder of Ginger, and colour it with saffron, and looke that it be poynat and tuicet.

To make Prunes in sirrop. chap. 32.

Take Prunes, and put Claret wine to them, and Suger, as much as you thinke will make them pleasant, let all these sethe together till ye thinke the Liquor looke like a sirrope, and that your Prunes be well swollen: and so keepe them in a vessell as ye doe greene Ginger.

The vertue of conserve of Succorie. chap. 33.

Conserve of Succorie is good against yellow and blacke Choller, and for the burning and heat of hot Fevers.

The

The vertue of Conserve of Elderne flowers: chap. 34.

Conserve of Elder is against the Dropsie, it cleanseth the stomake and the whole body from scabs.

Gather the clusters or bunches whereon the flowers grow, when they are new blowne or spred, lay them upon a faire sheet abroad in a chamber a day or two, till ye shall perceive the flower will shake off and fall away: then picke them cleane, and make thereof conserve as you doe of other flowers.

And whereas it is more wholsome than pleasant, therefore put some other conserve (such as ye list) amongst it when ye will use it.

The vertue of Conserve of Sorrell. chap. 35.

Conserve of Sorrell is good against all kinde of heats of the stomacke, and other principall parts of the bodie, and against yellow Choller.

Take leaves of Sorrell, wash them cleane, and shake off the water cleane, or else tarry till the water bee dried cleane: beat them and grinde them with Suger, as above, and then keepe them.

The vertue of conserve of Maiden-haire. chap. 36.

Conserve of the leaves of Maiden-haire, is good against the sickenesse of the side, called the Pleurisie, and for all the diseases of the brest, and of the lights, and in all maladies of Melancholy and against red choller.

Make it as yee doe conserve of Sorrell.

To make conserve of Elicampana roots: chap. 37.

Take the roots of Elicampana, wash them cleane, slice them into peces as big as your thumbe, seethe them in faire water till they bee tender, take them up and powre them, and draw them through a haire sive: put thereto in the second swathing the double or treble weight of Suger, and when the Suger is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserve of Elecampana is a good comfort to the stomacke, and the nourishing of the members, it marvellously loseth tough fleame, dissolveth and consumeth the same, by the siege it avoideth it.

To make conserve of Acornes or Gladen, with the vertue of the same. chap. 38.

Take the roots of yellow Flower-de-luce: which groweth in moist

moist ground, otherwise called Flagge root: wash them and scrape them, seethe them and order them as yee doe of Elicampana, now last before rehearsed, and so keepe it. This conserve is good against all sicknesse of the braine, and sinewes, & against all diseases of fleame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserves, fruits and roots are made with fire and seething: Moreover, the more Suger and honey is put into them, so it bee not past three pound to one, the conserve shall continue the better.

To make conserve of Strawberries, with the vertue of the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Suger in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserve of Strawberries, is good against a hot liver, burning of the stomacke, and especially in the fervent heat of an ague.

To make conserve of Cherries and Barberries. chap. 40.

In like sort you must make conserve of Cherries, and also of Barberries, saving that these require more Suger than the other doe, which are not so sowre as they be.

Here is to be noted, that of conserve of fruits may be made Marmalade; for when your conserve is sufficiently sodden, and ready to be taken off then seethe it more on height, and it will be Marmalade. Moreover, some make their conserve, Marmalade and sirrops with cleane Suger, some with cleane honey clarified, some with Suger, and honey together: and after the opinion of some great Clarkes, honey is more wholesome, though it bee not so toothsome as Suger.

To make all kinde of sirrops. chap. 41.

Take Buglosse, Borage, white Endive, of each one handfull, of Rosemary, Time, Hysop, Winter savory, of each halfe a handfull: seethe them (being first broken betweene your hands) in three quarts of water, unto three pints, then straine it, and put in the liquor whole Cloves an ounce, powder of Cinamon halfe an ounce,

powder

powder of Ginger a quarter of an ounce, and Nutmeg in powder, of Suger halfe a pound and more: let them seethe upon a soft fire, well stirred for burning to, until it come to the thicknesse of life Hony, then keepe it in Gally pots. If you put one pint of Malmesey in the second seething, it will be better. When it is perfect, have six graines of fine muske in powder: stirre it among your sirrop as yee put it into your Gally-pot, and cover it.

This sirrop will last many yeeres, and is excellent against sowning and faintnesse of heart: it comforteth the braines and sinewes, if it be used as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Clothes and Furres. chap. 42.

Take of Irros two ounces, of Calamus Aromaticus three quarters of an ounce, of Cyprus, of Galingals, of Spikenal, of roseleaves dried, of each a quarter of an ounce, of Cloves, of Spike, of Lavender flowers, of each halfe an ounce, of Nigella Romana a quarter of an ounce, of Benjamin of Storax Calamit, of each halfe an ounce, let them be all finely beaten and searced. Then take two or three graines of muske, dissolve it in Rose-water, and sprinkle the water upon the powder and turne it up and downe in the sprinkling, till it have drunke up the water: when it is dry, keepe it in bags of silke.

A sweet powder for Napery, and all linnen clothes. chap. 43.

Take of sweet Marjorum (that which is hoary is the sweeter) when it hath in him seedes ripe, cut the branches, so that the root may spring againe: when the Marjorum is dried, then rub out the seeds, and keepe them to sow about Easter, and the husks and leaves that grow about the seeds take for your purpose, rub them small, (for if you beat them to powder in a morter, they will lose the most part of their savour) then take of white Sanders, or gray Saunders, but looke that they bee new of right sweet odour, for if they bee old and have no pleasant and quicke odour, they are nothing worth. Take (I say) of these sweet Sanders beaten into fine powder, an ounce, and put it into an ounce of your sweet Marjorum, rubbed betweene your hands, as before is said, and if you put one or two graines of Muske thereunto for your wearing Linnen, it is the better: sow these up in a silke bag together, and lay it among your linnen: of such bags have a dozen

or two, which there will continue many yeares, and when you looke to your linnen, then chafe each of the bagges betweene your hands, that they may yeld out their sweet odor. Moreover, in the Summer time gather red roses in faire weather, so soone as they be blowne and opened, lay them upon a table, a bed, or faire floore of boords, and now and then remove them, lest they mould and ware fustie. When they are dry, picke off the leaves, that you may have two pecks of them, then strew them among, and betweene the boughts and foldings of your linnen, with a handfull of dry Spike flowres, to six handfull of dry Roses, and lay your sweet bags amongst them. Be sure that your linnen be ever thorow dry ere ever ye lay them up, or else the Roses will ware hore: set your coffer in a dry ayre, and in the Winter time or wet weather, when you perceive your Roses to war moist, then put them in a pillow-beare or twaine, that they fall not out, and lay them upon your bed betweene the coverlet and the blanket all night, or else before the fire, let them dry and strew them againe. Moreover, ye must alwayes have a bag of dry Roses in store, kept in a dry aire: for if he lose his redneſſe, then loseth the Rose his sweetneſſe. Finally, you must every yeare put away your old Roses, and occupy new, but keepe your sweet bagges still many yeares.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Storax calamita halfe an ounce, of Labdanum the eighth part of an ounce, beat them to powder, & then put them into a brazen ladle with a little Damask or Rose water, set them over the fire of coales till they be dissolved and be soft like war, then take them out and chafe them betweene your hands as ye doe war: then have these powders ready finely searced, of Cinamon, of Cloves, of sweet Saunders, gray or white, of each of these three powders halfe a quarter of an ounce, mix these powders with the other, and chafe them well together: if they be too dry, moisten them with some of the Rose water left in the ladle, or other: If they war cold, warme them upon a knives point over a chafingdish of coales: then take of Amber-greece, of Musk and civet, of each three graines, dissolve the Amber-greece in a silver spoone over hot coales, when it is cold make it small, put to it your Musk and Civet: then take your Pome that you have chafed and gathered together, and by little and little (with some sweet water if neede be) gather up the Amber, Muske and Civet, and mixe them with your hall, till they be perfectly

fectly incorporated, then make one ball or two of the lumpe, as ye shall thinke good, for the waight of the whole is above two ounces, make a hole in your ball, and so hang it by a lace.

If you perceive that the ball is not tough enough, but too brittle, then take a curtesie of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to have some Gum, called Dragaganthum ready dissolved in sweet water, it will be dissolved in two dayes, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse within as without, and of great price.

Some men put in the making hereof three or foure drops of Oyle of Spike: beware of too much, because it is very strong.

When you will have your ball exceed in sweetnesse, breake it and have two or three graines of Muske, or Civet, or Amber-greece, as you delight in, or altogether dissolve them in Rose or Damaske water, and with the same chafe your Ball over the fire, till it be drunken in, then pearce a new hole as before.

To make a fine Fumigation to cast on the coales. chap. 45.

Take of Benjamin one ounce, of Storax calamit halfe an ounce, dissolve them as for a Pome-amber: then have ready these woods, powders, or one of them, Ginger or Cypres, or of white Saunders, and Cloves, of either halfe a quarter of an ounce, all in fine powder: mire them all together, and with some Storax liquida, gather them together with the heat of fire: then make them round, of the bignes of a blacke sloe, and with your selfe print it a cake, while it is warme and soft.

Of these cast one or two upon a chafingdish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be sweeter. Some put also Labdanum, as before said, in making the Pomander, herein doe as the savour shall please you.

To make the same in Offets. chap. 46.

Take a little of fine powder of Sallow, or Willow coales, mire with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feete, like a Clove, and when it is dry, kindle the end of it at a quicke coale, and it will yeild a sweet savour: put not too much coales,

for

for then it will savour of them: put not too little coales, for then it will not keepe fire; put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shall be very well to have some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolve some of it into sweet water, till it be liquid and tough: with this gather your Odiate, or other fumigations.

A moist fume upon a fuming dish. chap. 47.

Take a piece of Pome-amber, as big as a Hazell nut, bruise it, put it into your fuming dish, with sweet water: put thereunto a few Bay leaves, as much of dried Bazell leaves, a little Rosemary and set over the fire upon a cupboard, or else instead of the Pome-amber, put two or three of the Cakes before written, broken small, and nine or ten whole Cloves: and if you will have it excellent sweet, then put one or two graines of Muske, and let the leaves and them stand over the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moth shall breed therein. chap. 48.

Take of the wood of Cypres, or Juniped, of Rosemary dried, of Storax Calamite, of Benjamin, of Cloves, alike weight, beaten into fine powder, then take of the powder of Mountnow-leaves dried, as much as all the other, mixe them well together, cast thereof upon a chafingdish of coales, and set it in your presse, and shut it close: and thus doe oftentimes, till you have well seasoned your presse or coffer.

A perfume for a Chamber. chap. 49.

Take Rosemary, sweet Marjoram, Bay leaves, of each a handfull, a penniworth of Cloves, Vineger, and Rose water, a sufficient quantity, boyle these in your perfuming pot, which smell is sweet and wholsome.

A perfume of damaske. chap. 50.

Take Storax Calamita five ounces, Benjamin, Labdanum foure ounces, Cinamon one ounce, Muske foure graines, Cloves a dramme, Rose water halfe a pound, stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloves halfe a dram, Camphire halfe a scruple, Spicknard a scruple, Nutmegs a dram,

of

of all these make a past with Rose water, tempered with Gum Tragagant and Gum Arabick, stirring and knitting them well; of this paste make yeut balls, and warme them.

An odoriferous white powder. chap. 52.

Take Irios elect three ounces, White Saunders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cipri Alexand. of each two ounces, Muske foure graines, Civet three graines; beat and sift them by themselves, and incorporate them in the same morter you beat them in, and keepe it in a vessell well stopped.

A fine red powder. chap. 53.

Take Damaske Roses two ounces, Sandali Attrivi one ounce, Ligni Aloes, Ligni Aler. of each a graine, fine Muske three drams. Civet two drams: mixe them and beat them, and keepe them together as before.

A sweet blacke powder. chap. 54.

Take Cipri Alexand. Ligni Aloes, of each halfe a dram, Sandali Citrini, Damaske Roses, of each one ounce, Cloves three graines, Muske three graines, and as much Civet; beat these together, and keepe them close in a viol well stopt.

A powder wherewith to make a sweet water. chap. 55.

Take the wood of Cipresse, or the rot of Galingale one quarterne, of Calamus Aromaticus one quarterne, of Orace or Iris one quarterne, of Cloves one quarterne, of Benjamin one quarterne: or ye may take of each of these 1. ounce for a portion, let all be beaten into powder, and when you will distill your Roses, fill yeut still with Roses leaves, and a few Spike flowres, and upon the top of some, strow some of your powders, and so distill them.

Some put a little of the powder Nigella Romana, to the other powders.

These Cakes will be very sweet, put the water in a large glasse, and to the pot put twelve graines of Muske, let it hang in the midst of the water, in a thin linnen cloth with a thred, set it in the Sunne twenty or thirty dayes, then take the glasse in, and set it in a dry aire.

Conclusions and rules to be used in distilling, and ordering of each hearbe or flowre before they be distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweetnesse to continue strong.

Secondly, coales still the best water.

Thirdly, wash nothing that you doe still, but wipe it with a cleane cloth.

Fourthly, all hearbs, flowres and seeds, must be gathered when the dew is off them.

5. That which you will still, must lie at least fyre houres before you still it.

6. All spices corrupt your water, except Amber-greece, Civet and Muske.

7. Scumme your water well.

8. Keepe your Still very cleane.

9. Wash your still, but not often, and then drie it with a cloth.

10. The glasse Still is best, the Tinne next, the earth not so good as the Tinne, and the Leaden is worst of all.

11. Tender flowres, as Violets, Gilliflowres, and such like, would be distilled in a glasse.

12. All compositions must be stopped close before, and in stilling diligently weighed or measured.

13. Liquid waters must have greater fire, then dry & light waters.

14. Still not your glasse too full.

15. Put store of ashes under your Still, that your Still burne not.

16. Wipe the upper part of the still often, but specially the ridge.

17. Diligence in looking to all things.

18. Borage must be distilled: the hearb with the root chopped together.

Hysope, the leaves stripped from the stalke, when it beares blue flowres.

Cammomile, the hearb and flowre chopt together in the middest of May.

Dill the hearb in the beginning of May.

Fumitory, the whole substance chopped in the end of May.

Pinke, either red or other, the hearb, stalke and leaves chopped, in the middle of May.

Roses, the flowre, cutting away the white ends.

Rosemary, the flowre, bud, and leaves, stripped from the stalke in May, in the flowring.

Sentory, the hearb and flowres chopped in the end of June.

Violets, the flowres in Aprill.

Woodbind, the flowres in the beginning of June.

To make water of the same colour of the flowres that you distill. chap. 57.

First, distill your water in a stillitory, then put it in a faire glasse, and take the buds of Roses, and cut away the white, and put the leaves into the stilled water, then stop the glasse, and put it into the stillitory to still, putting hearbs into the Still for feare of burning: After this straine the water from the leaves, and scum it well.

A compound water to perfume Gloves, or other things. chap. 58.

Take Damaske water double stilled, a pound, Muske tenne graines, Civet three graines, Amber-greece foure graines, beate all these together to powder, and put it into the water aforesaid, and stop it close, and use it without any more stilling.

To make Damaske water. chap. 59.

Take Damaske Roses, and red Roses, of each a handfull, let them drie foure houres in the shadow: then take two drams of Labdanum, Nigellæ Romanæ, two penny-worth, Iries halfe an ounce, Storax two drams, Cloves an ounce, Benjamin, Calamus aromaticus, Nutmegs, of each halfe an ounce, Marjorum, Bazell, of each halfe a handfull: bruse the spice, and put it in Malmesey, or the lees thereof, the space of foure dayes: then distill it and scum it fourteene dayes.

Another manner of making Damaske water. chap. 60.

Take of Arace, or Iris, of Spice flowres dried, of Cloves, of each ounce, make them in powder, put them together, with a pint of new Ale in cornes, and one pint of Rose water in an earthen pot, put thereto a great many of greene Rose leaves, let them soake in a night-time stopped close: in the morning when you shall distill first, lay other Rose leaves in the bottome of your stillitory for feare of cleaving to, then take off the Rose leaves out of the pot, and put them with other greene Rose leaves, in your stillitory sufficient, and to the water put Muske, as is above said: This water is excellent to set forth a Tarte, or Apple-moyle, or Almond-butter.

To make a sweet Damaske powder foure manner of wayes.

Take two or three handfull of dried Rose leaves, two graines of Muske, halfe an ounce of Cloves, and beat all these to powder.

2 Another way.

Take fiue ounces of Orace, foure ounces of Cloues, two ounces of Storax Calamite, an ounce of Labdanum, with two ounces of yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloues, foure ounces of Spruce, foure ounces of Storax Calamite, foure ounces of Roses, three ounces of Benjamin.

4 Another way.

Take three ounces of Cypres, foures ounces of Benjamin, two ounces of Coriander or Labdanum, three ounces of Storax Calamite, two ounces of Roses, beat all to powder.

To make Pepper soft with the vertue of the same.

You shall doe this after the same manner as is shewed for greene Ginger, in the 15. chapt. that is, with sand, and the like syrrop, season and keepe them. Ginger and Pepper in syrrop comforteth a cold stomacke, and helpeth much to good digestion.

To keepe Barberries.

Make clarified suger, and boyle it till it be thicke, which you shall perceiue, if you take a little betweene your fingers, it will cope like birdlime, then put in your Barberries, and let them boyle with a soft fire, untill you perceiue they be tender: then put them in a glasse and sower them, and so keepe them.

The knowledge of the names and naturall diſpoſition of divers diſeaſes, that moſt commonly happen to moleſt and grieve the bodies of Men and Women.

Chap. 59.

1. Elephantium, is an evill which is eaſie to be knowne.

2. Gout Cain, is Morbus caducus, that is to ſay, the falling ſickneſſe.

3. Epilepſia is the ſame evill or very little difference.

4. Lytargum, is a perilous evill, for he that is therein, is alway ſleeping: for it hath beene ſeene, that a man in that evill hath ſlept himſelfe to death.

5. Squinantia, is an evill, that is in the throate-bowle, and when it taketh all the necke, it is a ſigne of death, except medicine helpeth.

6. Sciatica paſſio, is a paſſion that ſitteth in the Mirrel-bone of the hip, and holdeth his courſe betweene that bone and the Hog bone, and then falleth, but his abiding is moſt in the Mirrel-bone.

7. Golica paſſio, is a paſſion that is in a mans Arſe-gut, but it ſheeteth into all the guts, and into the flanke, but his moſt paine is principally in the Arſe-gut, and that ſtoppeth both winde and water.

8. Poſtema, is in divers manners both within the skin and without the skin, and within the body, for all manner of things that ſwell beare out the fleſh and therefore all manner of Boyles, Botches, Felons, and other ſuch like, may be called Poſtema, as well as thoſe that be upon the ſtomack, or on the lunge: There be ſome that beare proper names, as Peripneumonia, the which is an impoſtume that is upon the lunges, that engendreth a paſſion, that is called in Latine Aſpi-

ratio, or Respiratio: and it is called in English, hard drawing of wind: that when a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hot and drie, and that maketh a man to cough.

9. Pleurisim, is another Impostume that lyeth upon the sides, and upon the ribs, and aketh sore. And he that is so diseased, commonly he is coughing: and the humour is red, and they be much waking, and may not lie well on that side.

10. Also there is an Impostume, that is called in Latine, Anutrix; and Antardis.: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out in Byles and Fellons when it is rotted.

11. Tuna, is a white watry Skall, and Acorias, is a dry Skall.

12. Caries, is in a manner of an Impostume, that is like a Wart, that bringeth forth a long haire, or two, or three.

13. Caries, is the rotted head of a tree.

14. Derias, is a Wart, And Cittitis is called an Impostume, as it is said here before.

15. There is an evill that is called Riteria, and there be two of them: that is to say, the blacke and the yellow: and especially the blacke, which commeth of the chafing of the Liver.

16. Also there is an evill which belongeth to women, that is called Menstruous, the which is a flux of blood: And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the privy member. But the Matrice of a female, is like a three cornered purse, as it may be made in figure: and that hangeth by certaine strings by the ribs, and by the intrailes, and so it descendeth downe to the privy member, which is called the mouth of the Matrice. But thou shalt understand that the Matrice hath in it selfe nine folds, which falleth like pleats of cloth, and in those pleates falleth the seed of man, and therein it is nourished, and therein is the child conceived, by reason whereof it might be possible that a man might get of a woman nine children at once, and if they were of like complexion, that the woman might conceive in every fold a child, and if it so chanced the seed of man to fall even in the

pleates, as it may fall: And if it falleth on the one side, it getteth a man childe, & if it falleth on the other side, it getteth a woman child, and if it falleth in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnesse of his secrets.

17. Also there is a malady that commeth of the childes birth, and that is when the childe commeth forth, there commeth therewith a skinne, the which is engendred of the seed of man: And it lyeth in the Matrice, and it is divided in two parts, whereof one commeth to cleane blood, and afterward ingendreth to a peece of cleane flesh: And then that flesh putteth from him a white thicke matter, & that matter engendreth a skin, which skin taketh and windeth in the cleane matter aforesaid: and evermore as the childe formeth and wareth, even so the skin wareth with it. And the same skin is called the Secundine: and it keepeth the child from many perils that should fall thereto, if that were not: for it closeth in the childe, like as the shell encloseth in an egge: for first the shell of an egge, was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth up the childe: and when this Secundine is any thing pearced or hurt, then is the childe borne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith, that there be five principall things that hindreth the birth of a childe. Whereof one is, when the woman with child is very sore wroth and angry. The second is, when she is smitten with a staffe. The third, is over-much falling. The Fourth, is a great sure of the wombe. And the fifth, is a fall upon the wombe: For all these things hurt the Secundine, and maketh the childe to be borne too soone, which destroyeth both the woman and the childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine evill for to heale: and if it be not well taken away of the Midwife, And except she doe her endeavour well, then it will rotte, and make a woman great as though she were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soever it be, & if it be dead, it may be said so, & in English it is called a dead child, wherefore all manner of men

I charge in Gods name, to take hed whosoever ye be that read this Treatise, that ye blaspheme not, nor despise this, being the workes of God whereby ye may plainely understand how ye were brought into this world.

18. Also there is another malady, that is named in Latine Caninus appetitus, or Morbo Canino, that is, when an unkindly heat is in the stomacke and in the body. And so the moisture that should be in the stomacke, fumeth away, and the heat bringeth up the moisture, and he that hath that malady is very costive.

19. Also there is another malady that is called in Latine Etica passio, that is, an evill that maketh a man to dry and vanish away: And in English it is called the Drinelle: howbeit the proper name thereof is Etick, and the man that hath that sickneſſe shall consume away, but yet he shall be ever eating, and it is the very token of mortall death.

20. Also there is another disease properly called in Latine Fluxus ventris, which may be understood in English, all manner of neth wombed people, otherwise called the bloody flux.

21. Also there is another Flux, called in Latine, Lienteria, this is a flure of the wombe, and this commeth when the stomacke is all slippery, and the matter goeth away undigested.

22. Also there is another that is said in Latine Dysenterium, and that is when the guts make squamles in the manner of shaving of guts, and no other, as men shall heare after.

23. And there is another disease that is called in Latine, Thenasmon, and, that is even contrary to that before, for Thenasmon is, when a man is very costive and hard-wombed.

24. Also there is another infirmity that is called in Latine Emoroides, and that is of great abundance of blood, and there will arise small treats, as it were warts, that will lie within the fundament upon the gut, and without both.

25. There is another that is called in Latine Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a foze evill.

26. Also there will come out of a mans nose much foule filth, and thereof great abundance, some like gobbets of flesh, right in his nose, like as Emeroides will doe, and that is called in Latine, Polipus.

Also

17. Also there is another disease or malady, that is called in Latine Malum mortuum, and the sore that commeth thereof is called in English a Mormall: but know yée well, that his beginning is of a Melancholy in the body of man: and it is taken for one of the spices of the Scab: and properly it commeth of a naturall Melancholie, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse-fleame, and be both gendred together of too long using unwholesome meats: And sometime it commeth of the stopping of the Spléene. For when the spléene may not receive the Melancholy, then by his humors he is heavy of waight, and presseth it downeward to the legges, and then beginneth the pushes to breake out, and they be called Malum mortuum. Another cause why it is called Malum Mortuum, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sores be, neither in engendring of new flesh, nor mattereth not as other sores doe, but alwayes is hot & dry: and moreover, it will not away till a man die, except he be the more wary, and it sooner taken héed to: For the Melancholy is the onely cause thereof: And his colour is to be swarth, and as it were a party blue, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof, in a manner of a red water, like as if there had béene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will breake out in another: And when it is surely of the Melancholy, the pushes will be blacke and blue, and the place will itch sore, and be full of dead flesh, and with sawse-fleame it will itch: also it will be full of sores and boyles arising thereupon. Also take héed of his digestion, for it will be of great colour, and much quantity of urine and thicke. And know well that he that suffereth it, an evill commonly haunteth him, that is called in Latine Dediamine, and all they which are infected with that malady, there will appeare haires thereupon, as doth upon a Leper, but upon this malady the haire shall be blacke, and upon a Leper the haire shall be white and red: And a naturall knowledge and a true description are all these afore rehearsed.

Divers necessary observations both Physicall and Astronomicall, chap. 62.

Moreover, it is to be understood, that every moneth the yere, the Moone hath her course in one of the twelve signes, and in every signe the Moone is two dayes and a halfe almost. And ye shall know also, that the twelve signes have government of every man and beast in the twelve parts of the body. And whiles the Moone is in every signe, and if the body be let blood or else wounded, or burnt, all the medicines that are, cannot serve in that signe that hath the government in the place of the body, and it is marvell but that the body be soone dead, or else distraught for ever.

Aries, hath the government of the head and face.

Taurus, the necke, the throat, and the knot of the throat.

Gemini, the shoulders, armes, and hands.

Cancer, the brest, the stomacke, the ribs, the lungs, the milt, in the upper part of the brest.

Leo, the heart, the stomacke, and the ridge in the nether part of the brest.

Virgo, the wombe, with the entrailes, and the paunch.

Libra, the reines, the loynes, and the web of the skinne, that covereth them, with the haunches, and the buttocks.

Scorpio, the privy members, and the fundament.

Sagittarius, the thighs.

Capricornus, the knees, and hammes.

Aquarius, the legges, from the knees to the ankles.

Pisces, the wrists and the feet.

Also it is to be understood, that a Laxative must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the wind is in the South, then is it best time to take a Laxative.

Also if ye should assist the Medicine, make it in the signe retentive, as Taurus, Virgo, and Capricornus, and when the wind is in the North.

Also when he shall be let blood, looke that the Moone be in a signe attractive, as Aries, Leo, or Sagittarius. And looke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waxing, and in the old Moone the blood is waxing, and therefore take a full Moone.

Also

Also if ye will give a digestive medicine for to bette any humors, give it when the Moone is in a digestive signe, as in Gemini, Libra, or Aquarius: and if ye worke by this teaching, ye shall doe much the better, or else it will not goe by reason.

Also, beware in these dayes in letting of blood, that is to say, in the Canicular dayes, the which begin eighteene dayes before Lammas, until xxvi. dayes after Lammas, for they be titled in the Kalender. It is to vnderstand, that every day beginneth at high noone, as the Sunday beginneth his first houre on the Saturday before afternoone. And the Munday, after the day, beginneth before the Sunne rising at every day. It is to be vnderstood in the Sunne rising of every day in the first houre of the Planets: as to account after the Planet, by the which Planets the dayes were marked in old time. For in Latine and French they have taken their names truely after the Planets, but in English not so, munday taketh his name of the mun, Monday of the Moone, Tuesday of Mars, Wednesday of Mercury, Thursday of Jupiter, Friday of Venus, Saturday of Saturnus. And in this order ye should account the houres of every day by the Planets. As if it be munday, the houre of the sunne rising, which that day governeth by Saturnus, the next day after by Jupiter. And so in order reckon out the seven Planets, and rise as oft as needeth, untill the foure and twenty houres be fully spent. And this is the course of all the Planets of all the yere: and if ye be let blood, then looke that ye bleed in a good Planet, with the signes that ye be taught to bleed in. Jupiter and Venus be good Planets to bleed in, and Saturn, and Mars be naught: and the Sun, and the Moone, and Mercurie, with good signes they be good, and with bad signes they be bad. They be called good signes that be sanguinous, and they that be Melancholious be called bad signes: and they that be Cholericke and Flegmaticke, standeth in meane: and therefore beware and, keepe your rule, as it is said before.

Certaine secret remedies appertaining to Women.

To make a woman have her flowres. chap. 63.

First, looke that the woman be not with childe: then take of the root of Gladen a good quantity, and boyle it in Vineger, or else in Wine till it be tender: and after set it on the ground in a vessell, that the woman may stand over it, and let her stand close over, so that the heat may strike up into her body, and this shall helpe her: for this faileth never. Probatum est.

For the suffigation of the Matrice, and for the falling of the same. chap. 64.

Take Aspaltum, that is, Tarre of Indie, and cast it upon the hot coales, and let the woman receive the smoke into her mouth, and into her nose, and it shall drive the Mother downe anon.

For sore falling of the Matrice. chap. 65.

Take the same powder aforesaid, and cast it on hot coales under a siege stoole, and let the woman sit over it, and stew her with the fume, and stop the siege stoole close with cloathes, so that there goe no aire out, and it shall drive the Matrice presently, the avour thereof is so effectuall. Probatum est.

For the flowres to be brought out shortly. chap. 66.

Take the root of Gladen and make it cleane, and shred a good quantity thereof small, and put in an earthen pot, and put thereto a good quantity of Vineger, as need requireth, and then take a cover and cover it close with paste, but let there be a hole in the middle of the cover, and the cover be of a dish meet for the pot, and let the hole be no more but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no aire goe out, untill that time that the roots be soft. Then take it from the fire, and let it coole till the great heate be past, so that the woman may suffer it: and looke that you have a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that covereth the pot, and unstop the hole, and put in the pipe, and set the pot under the siege, so that the pipe may come up thorow the siege, that the woman may receive the other end of the pipe into her body, as warme as shee may suffer it, so that the heat may strike up into the Matrice, and it shall open the Matrice, and she shall have delivery right soone: and as soon as she knoweth that it commeth, doe it away, and shee shall be whole by the grace of God.

For

For the Mother rising upward. chap. 67.

Take halfe a pint of Malmesey, and set it upon the fire in a pece and dissolve therein ʒ. s. of assafetida, and let it stand so over the fire the space of two Creeds saying, and then give this to the woman to drinke and it will put downe the Mother presently.

For the Mother that riseth upon a man. chap. 68.

Take Ambrose, called wild sager, and dry it in the Sunne, and make a powder thereof, and when the Mother riseth up to the heart, give him to drinke a quantity of that powder with a little warme liquor, and it shall void anon.

To bring forth tearmes. chap. 69.

Take Dyganum and boyle it in Wine, and implaister it to the privy member. Also take Cotton and wet it in Turpentine, and make a Suppository. Also take Calamint and Penyroyall, and boyle the same in Wine, and let her drinke thereof. Also take Parsnip, and Astrolialonga, and boyle them in Wine, and give the sicke to drinke, or else make a Suppository, and it taketh away the ache of the Matrice, and spedily bringeth forth the Secundine, and prooketh the Tearmes.

Another.

Stew her with these herbs, Dyganum, Calmint, Sadine, Motherwort, Penyroyall, roots of Lilly, and Madder, and make a Pessary: Or else Pagvation, and put it in a strong linnen cloth, and put it in her Fundament.

Also take Dyle that a Cowd is sodden in, and make a Suppositorie, and it maketh provocation anon.

Also take Garlicke and stampe it, and boyle it in Dyle, and put it in a bagge of linnen cloth, and thereof make a Suppository.

Also Cinamon and Myrrhe boyled in water, and drunke, putteth away the Secundine.

Also take Dyle that is made of Lilly, and give to the woman to eat with bread, or a Suppository made thereof, there is none like thereto in all manner kindes to helpe the Matrice.

Also for feare lest the mouth of the Matrix were hurt with any thing, with any anointing: Take Oyle of Bay, Oyle of Puliol, or Oyle Fustill that groweth on an Oake, and therewith anoint the place.

A good bath for the Flowers proved. chap. 70.

Take Savine, Juniper, Calamini, Peniroyall, Motherwort, Peritorie, Peliter, leaves of the Bay tree, and boyle them together in water, and bathe the woman therein many times, and shee shal have her termes at her owne mind and will.

Also take an Egge and roast it soft, and put therein Asafetida, and let her sup it up when she goeth to bed, and she shall speed anon.

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holihocke, Wormewood, Mugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein above the Navell, and let her strike ever downewards with her hands, and it will helpe.

Item for the same.

Take a Goats skinne with the clawes and the haire, and cut it very small, and cast it into a fire of charcoale, made in a pan under a siege chaire, and let the aire smite up into her body, and shee shall have helpe.

For the same.

Take Castor ʒ. i. Euforbium, ʒ. s. and make them in powder, and take of the gall of a Bull ʒ. ii. and of the juyce of Rue ʒ. i. and mingle them together, and then put thereto the powders aforesaid, and make a suppository of Cotton, and wet it in the confection and put it in, and it will bring forth the Secundine, and provoke the Menstrues.

Another.

If a woman have good purgation in her childbed, let her drinke the waving of Harts horne in wine, and it shall doe her ease.

To cease a womans Flowres. chap. 72.

Take the juyce of Plantine, and put thereto the powder of Bole-almoniack, and mingle them well together: then take Cotton and open it broad, and wet it in the confection, and make thereof a suppositorie, and it shall cease the flux of the Matrice.

To

To bring forth flowres, and the Secundine, and a dead child. chap. 73.

Take faire Oats and ſæthe them in faire water while they be well ſodden, and then take the water, and make thereof a bath, and let the woman ſit therein up to the heart, and bathe her well in that water, and it ſhall bring forth her tearmes, and the Secundine, and deliver her of a dead childe, if ſhe have any in her wombe.

Another for the ſame.

Take Avence, and ſæthe it in Wine, and make a plaiſter, and lay the ſame upon the Navill. Or elſe take the croppes of Avence and ſæth them in Wine, and make thereof a Suppoſitory, and it will doe the ſaid cure.

Another for the ſame.

Take the juyce of Dittany, and mingle it with powder of Caſtor, and make a ſuppoſitory with Cotton.

Another for the ſame.

Pill a clove of Garlick, and put it into her, and it ſhall bring forth her flowres ſoone: or elſe ſæthe Garlicke, and let her ſit in that water up to the navill, and ſoke her well therein: or elſe make a Suppoſitory of Garlicke ſodden in oyle.

If a woman have too many flowres. chap. 74.

Take the ſoote of an Hare, and put it in a new earthen pot, and burne it to powder, and let her drinke of that powder with warme ale, or with warme wine untill it be ceaſed.

Another for the ſame.

Take the middle barke of the Cherry tree, and put away the gray barke that is without, and take the greene barke and ſtampe it ſmall, and give it to the woman with a little warme Ale to drinke, and it ſhall ſtop the flowres. Probatum eſt.

Another for the ſame.

Take the juyce of Burſa Paſtoris, and the powder of Sanguis Draconis, and make a Suppoſitorie thereof, and it ſhall ceaſe.

For to cleanſe the Matrice. chap. 75.

Make a Suppoſitorie of Cotton, and anoint it with Turpentine, and it cleanſeth the Matrice of corruption.

For to ceaſe flowres, and for faintneſſe and caſting in childe bed. chap. 76.

Take the leaves of Birch, and make ſmall bundles thereof, and ſæth them

them in Vineger, and make a plaister thereof and lay it to her and to the reines, and if discentery be in defaulte in the upper gut, lay thare, the plaister upon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take Cinamon, Annis sed, Fennell sed, Commin sed, of each a quarter of an ounce, of shaven Liquoris three quarters of an ounce, of Galingale one ounce and a halfe, of spikenard a quarter of an ounce, of Seene of Alexandria, two ounces: beate them into fine powder, and serce them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly soluble, causing a gentle laske: easie, for any one to take. chap. 78.

Take seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis sed a quarter of an ounce, beat them into fine powder, and put them into sodden suger, and make lowsings (as before) of the whole, the number of sixteene, whereof dissolve two of them into a messe of pottage, or in a cup of Wine, fasting in the the morning, and fast an houre after. If you doe put as much suger in powder, ye may keepe it in a bladder, and the whole powder will serve eight times to receive: as even now is said.

A receit to restore strength, in them that are brought low with long sickenesse. 79.

Take of the braine of a Feasant or Partridge, or of a Capon sodden or roasted of each a quarter of an ounce: steepe them in Rose water two houres, of the kernels of Nuts, called Pistariorum, and of the kernell of a Pine Apple, of each a quarter of ounce, of Cinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letificentes Galeni, of each the weight of forty graines of Barley corne, of the seede of Melon, Pepon, Gourd, and Cucummer, of each the weight of ten graines, the skinne taken off, let them be all ground small, then take six ounces of suger dissolved in Borage water, seethe it on heigh, as for lowsings, and when it is sodden enough, then put in all the other greanes and make lowsings thereof, whereof one is sufficient at once dissolved in a messe of potage, or a draught of drinke. Thus doe two or three times every day.

To

To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, sethe them likewise, and when you will know when it is sod enough, take out some upon a knives point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Cinamon, or Nutmeg: Stirre them well together, lay it upon a paper oyled, drive it as thinne as yée thinke méete, lay on your gold leafe with a Connies taile, cut your Loosings Diamond fashion, and so keepe them.

To perfume Gloves. chap. 81.

Take the Gloves and wash them in the Rose-water, or Damaske-water, till the scurfe of the Leather be gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them up to drie, and then lay them in a linnen cloth, that is folded three or foure times double, and when they be drie, let them lie in Rose-leaves dried a day or two, then take oyle of Cibet, Almonds, and Muske, and grinde them together upon a Marblestone, stretch them forth softly, and with your hand anoint your Gloves three or foure times, and ever anon stretch them forth as they drie. Then take Sandifer mixed with a little Amber-Greece, and strow the powder of it thinly upon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantity of Rose-water, and mixe them drie, and lay them in faire white paper.

2 To perfume Gloves another-way.

Take the Gloves, and wash them as aforesaid, three or foure times: and wring them every time softly: then take Gum Dragagant, and steepe it in fine Damaske-water one night: Then straine the water thorow a fine linnen cloth, and take Gum and mixe it with an ounce of Amber-Greece, with Oyle of Turpentine: Then mingle all together, and coule your Gloves with the same: lay them to drie, and lay a paper betweene.

3 A preparative for Gloves.

Wash the Gloves, as aforesaid, till the scent of the Leather be gone, then take of Beniamin two ounces, of Storax Cala-

mite one ounce, let them be very fine: then take Oyle of Civill Almonds, and mingle it with Beniamin and Storax upon a Marble stone. When it is well ground, put it into an earthen pot with oyle of Civet Almonds, then put in Cloves in powder, and so let it stand close covered: and when you need, take a little Rose-water in a spunge, and rub the Gloves softly, and then in like manner, with the Oyle called Civet, for the same purpose.

4. Another way.

Take twelve graines of Muske, six graines of Amber-Greece, three graines of Storax Calamite, six graines of Beniamin, and a few Cloves: grinde all these together with oyle of Civet Almonds. First, wash your cloaths with Fulles dissolved a day in Damaske water.

5. Another for Gloves.

Take your Gloves and wash them in Rose-water once or twice, till all the scurfe bee gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: then take two ounces of Storax, and as much Beniamin made in powder, presse your gloves all over, on a smooth bord before they be drie: then hang them to drie, and when they bee drie, save the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them seethe in a close Posnet covered. Then take a fine brush and brush them over.

6. Another way to perfume.

Take Amber-Greece a dramme, of Muske halfe a dramme, of Fulles a dramme, of Civet halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber-Greece, a dramme of Beniamin, halfe a dramme of Fulles, a dramme of Storax, a quarter of an ounce of Labdanum, put these in Rose-water.

A perfume for Chests and Cupboords, and also for Gloves, chap. 82.

Take Benſamin and Storax of each an ounce, Labdanum and Fulles, of each a quarter of an ounce, halfe a dram of Civet: if you burne it for Chests, or Cupboords, beat it in a hot morter: if it be for Gloves, boile it, and put it to Rose-water.

To colour Gloves. chap. 83.

You muſt have hulles of greene Walnuts, that muſt lie in water all the yeare long, role them well with theſe hulles, and make them as deepe a colour as ye may.

How to colour Gloves yellow within.

To colour Gloves yellow within, take the yolks of twenty Egs, and put them in a frying pan with a ſoft fire, ſtir them ever, and bruiſe them with a Ladle, and the oyle that aſcendeth of them, being anointed on the inſide of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take ſtrong lye made of Chalke, and ſix pound of ſtone Chalke, foure pound of Beere ſuet, and put them in the lye in an earthen pot, and mingle it well, and keepe it the ſpace of forty daies, and mingle and ſtirre it three or foure times a day, till halfe be conſumed, and to that that remaineth ſeven or eight daies after, you muſt put a quarter of an ounce of muſke, and when you have done ſo, you muſt alſo ſtirre it, and it will ſmell of muſke.

To make red ſealing Wax. chap. 85.

Take to one pound of Wax three ounces of cleane Turpentine in Summer, in Winter take foure, melt them together with a ſoft fire: then take it from the fire and let it cole, then put in Vermilion very finely ground, and Ballet oyle, of each an ounce, and mix them well together, and it is perfect good.

To keepe Damaſins in ſirrop. chap. 86.

Take Damaſins, and pick them well with a knife or pinne, then take clarified Suger, as much as you thinke will ſerve, and then you muſt boile it till it bee as thicke as birdlime. Then boile your

Damasins in the clarified Sugar till they bee soft: then take them up, and put them in a glasse: then you must boyle the sirrope, till it bee as thicke as the other was, before you put in the Damasins, and so cover them close.

A water for the face, used of Gentlewomen. chap. 87.

Take Goats milke two pound fine Flower halfe a pecke, the whites of three Egges, and make it from paste to little loaves, and bake it, but not too much: then take more of the said Goates milke, and crumme of the crummes of your bread into it, let it steepe all night, and wipe your face with a drie cloth, and then wash your face with the said milke, and in using this, it will make the face shine as white as snow.

Another to make the face faire.

Take the shearing of Scarlet, foure ounces, the whites of two new laid Egges, white wine two pound, Rosemary flowers, or Rosemary it selfe, and seethe it or still it, but if you seethe it, scum it cleare, and when it is cold, use it, and it will make the skinne looke fairely.

Another to remove high colour in the face.

Lemons laid in Buttermilke, is an excellent meanes to remove high colour in the face.

A water for heat in the face, and breaking out with pimples. chap. 88.

Take Allum glasse two pound, the juyce of Plantin, Purslan, Verjuyce, of each halfe a pound, the white of twenty Egges, beat them and mixe them, and distill them: which water destroyeth chaffings, heates, pimples, wheales and scurfes whatsoever they bee.

To know whether a woman shall ever conceive or no. chap. 89.

Take

Take the Ruine of a Hare, and having frayed and consumed it in hot water, give it the woman to drinke in the morning at her breakefast, and let her stand in a hot Bath: and if there come a griefe or paine in her belly, shee may conceive, if not, shee shall never conceive.

To make a barren woman beare children, chap. 90.

Take of these little sea-fishes, called in Latine Polipi, or Polipodes, and roste them upon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, having in the meane time the company of a man.

To make a woman have a quicke and speedy deliverance of her children, without paine, or at least very little. chap. 91.

The leaves of Bittony and Stampe them, or else make powder of them, and give the woman that laboureth, to drinke of it with a little water, and she shall be delivered incontinent, without any great paine or labour.

To stop the running of the Raines five severall wayes. chap. 92.

Take Venice Turpentine washt in red Rose-water, foure ounces, a Nutmeg, Plantine seed, a yellow Amber-bead, of each alike, with like quantity of Cinamon, and powder of Comfrey roots, which being mingled, role of Turpentine in the powder, and make it into five Pills as big as a beane, and take them in a spoone with sirrop of Rubarb, three in the morning, and three two houres before supper and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bruise them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approved.

Take Hazel-nuts, well pilled or blanched, two handfull Sinkfoile and knotted grasse, of each a handfull, foure Camphire leaves: Stampe the hearbs, and straine out the juyce into two pound of Nettle-

sadell: then beat the Nutkernels as small as you can, and put them in: Also take an Amber head, and beat it to powder very fine, which being put in the wine to the rest, stir them all together a good while then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Nip and Clary, fryed with the yolkes of three or foure Egs, and taken every morning, is very good.

To strengthen the seed. chap. 92.

Take Succory, Endive, Plantin, Violet flowers and the leaves. Clary, Sorrell, of each halfe a handfull, with a peece of Mutton, make a good broth, and to eate it evening and morning is speciall good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Spearmint, and a handfull of Wormewood, and heat a tile-stone, and lay these two things on it, and make a little bagge, and when the hearbs be hot, put them in the bagge, and so lay them to her stomacke.

For an Ague in a womans brest. chap. 94.

Take Hemlocke leaves, and fry them in sweet butter, and as hot as she may suffer it, lay it to her brest, and lay a warme white cotton, and it will drive it away in a short space.

For breasts that be sore with milke. chap. 95.

Take Linseed Oyle, and Wax, melt them, and wet a rage therin, and lay it to the brest warme, which will drie with the milke.

For a sore brest. chap. 96.

Take beane flower two handfull, Branne, powder of Fengricke, of each a handfull, white Vineger a pound, three spoonefull of honey, and three yolkes of Egges, seethe all till it be thick, and lay it warme to the brest, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

To

To keepe a womans breſt from breaking.
chap. 97.

Take Sage, Marigolds with the blacke ſæd, and the ſharpeſt nettles, of each halfe a handfull, bruiſe them together, and lay it to, which will keepe it from breaking.

For the breſts broken or not.

Take oyle of Roſes, beane flower, and the yolke of an Egge with a little Vineger, ſet it on the fire till it be luke warme, then with a feather anoint the place.

For the unnaturall heat of the Liver. chap. 98.

Take Borage, Buglolle, Succory, Violets, Fumitory, young Hop-buds, Fennell-buds, of each a quarter of a handfull, young Hallowes, and Percury, of each halfe a handfull, boyle theſe in a pottle of whey, and ſtraine them.

For the canker in the mouth.
chap. 99.

Take halfe a pint of Ale, and a ſprig of Roeſmary, ſeeth them all together, and ſcum your Ale, and then put in a peece of Allum, as much as a nut and a ſpoonefull of honey, and two ſpoonefull of Honeſuckle water.

To make the face faire, and the breath ſweet.
chap. 100.

Take the flowers of Roſemary, and boyle them in white Wine: then waſh your face with it, and uſe it for a drinke, and ſo ſhall you make your face faire, and your breath ſweet.

To make haire as yellow as gold. chap. 101

Take the rine or ſcrapings of Rubarbe, and ſteepe it in white wine or in cleare lie, and after you have waſhed your head with it, you ſhall wet your haires with a ſponge or ſome other cloth, and let them dry by the fire, or in the Sun. After this wet them, and dry them againe, for the oftner they doe it, the fairer they will be, without hurting your head any thing at all.

To drive away all venemous beaſts from your houſe. chap. 102.

Take Juniper, the ſæd of Agnus Caſtus, the cheis of river Crevelles, Harts horne, the greaſe or ſuet of a Bucke, Berſe or town Crolles, Organy & bittony; make of all theſe drugs a dough or paſte.

paste. And when you will use or occupy it, burne it, for whereas the smoake thereof goeth, the beasts will void away.

Against all poyson eaten and drunken. chap. 103.

Having knowledge that any man is poysoned, the chiefe remedy is to make him vomit the poyson, in giving him Oyle. Olive luke-warme to drinke alone, or mixt with warme water. And if you have no Oyle, give him Butter with hot water, or with the decoction of Linseed, or the seed of Nettles, or of Semicrecum: and all these things purge the venome as well downward as upward. After having made him vomit divers times, you must purge him with sharp Glisters downward. Then give him water mixt with honey, and also old wine enough to drinke. But if you can get good Treakle or Mithridate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and give it him in good wine. Let his meat be fat flesh of old Beasts, and fat Broth especially of Hennes, and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be delivered by the helpe of God.

To drive away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot leaden, and with this ointment rub and anoynt the place where the Lice be.

How to make a soveraigne water, that M. Doctor Stephens, Physician, a man of great knowledge and cunning did practise, and used of long experience: and therewith did very many cures, and kept it alwaies secret, till of late a little before his death, Doctor Parker, late Archbishop of Canterbury, did get it in writing of him. chap. 105.

The Receit.

Take a gallon of good Gascoine wine, then take Ginger, Galingale, Camomile, Cinamon, Nutmegs, Graines, Cloves, Mace, Aniseedes, of every of them a dramme. Then take Sage, Pint, red Roses, Time, Pellit drie of the wall, wilde Marjorum, Rosemary,

Penny

Penny mountaine other wise called wilde Time. Camomile, Lavender, and Avens, of every of them one handfull: then beat the spices small, and bruise the hearbs, and put all into the wine, and let it stand twelve houres, stirring it divers times. Then still it in a Limbecke, and keepe the first pint of the water, for it is the best: then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same many times approved.

The vertues of these waters be these: it comforteth the spirits, and preserveth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Palsie: it cureth the contract of sinewes, and helpeth conception of women that bee barren: it killeth the wormes in the belly. It helpeth the cold gout, it helpeth the toothache, it comforteth the stomacke very much, it cureth the cold dropsie, it helpeth the stone in the bladder, and in the reines of the backe: it cureth the canker, it helpeth shortly a stinking breath. And who so useth this water ever among and not too oft, it preserveth him, in good liking, and shall make one seeme young very long. You must take one spoonefull of this water fasting, but once in seven daies, for it is very hot in operation. It preserved Doctor Stevens, that hee lived fourescore and eightéene yeares, whereof ten yeares he lived bedred.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned. chap. 106.

Take the juyce of a Limmon, with a little Bay salt, and wash your hands with it, and let them drie of themselves: wash them againe, and you shall finde all the spots and staining gone. It is also very good against the scurffe or scabs.

To heale all manner of inflammation, and evill disposition of the aire, lepry faces, great swollen legs, or inflamed hands. chap. 107.

Take flower, or Amilum made of Barley, which ye shall easily find at the Apothecaries, and seethe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallowes, Succoris, Poppes, Endive and Borage, and seethe all these together untill it be dissolved, and give to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts and put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betweene your two fingers, that the substance of it may goe into the water, then put to it Sugar or Pennides, as much as you will. Of this drinke (which is of very amiable savour) you must take from day to day a little glasse full in the morning, lying in your bed with your brest upward, then laying some linnen cloth upon your stomacke, sleepe if you can, and take of it also after you be up, and have done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomacke very cold, may weare before his brest some peece of Scarlet, or other cloth, and sometime anoint his stomacke with an Oyle made for the weakenesse of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth all burnings with fire, not leaving any skarre where it hath beene. chap. 108.

Take the white of two Egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new Wax, with as much Oyle Roset as shall suffice, and make thereof an Oyntment, which ye shall finde very good for this that we have spoken of.

To draw an arrow-head or other iron out of a wound. chap. 109.

Take the iuyce of Valerian, in which ye shall wet a tent, and put it into the wound, laying the said herbe stamped upon it, then make your binding or band as it appertaineth, & by this meanes

you shall draw out the iron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall. chap. 110.

Take an ounce of Bay salt, raw honey three ounces, Commin three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether asswage the swelling and heale him cleane and neat.

To know what time in the yeare herbs and flowers should be gathered in their full strength. chap. 111.

Medicines are made divers and sundry wayes, some by leaves, some by seeds, some by roots, some by barkes, some by flowres, and some by fruits. Such leaves as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seeds when they fall be full ripe, and the moistnesse somewhat dried away.

Flowres should be taken when they be fully open, ere they begin to fade.

Herbs should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaves fall.

Fruits should be taken when that they be at their full growth, or when they fall, and the heavier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better than those that be gathered in raine. And those herbs that grow in the fields, are better than those that grow in townes and gardens, and those that grow on hills in the fields, are best for medicines, for commonly they be lesse, and not so fat, and have more vertue.

Many herbs there be that have speciall time to be gathered in: and if they be gathered in that time, they have the full vertue, to

their property, or else not so good. Some doe helpe whensoever they be gathered, and some are naught, if they bée gathered out of time: therefore marke well what I teach thée.

Bettony should be gathered principally in Lammas month, with the séed and the roots, and without any Iron toole, and it must bée dried in the shadow: for Medicines it may be gathered other times, but evermore it is the better if it be gotten without iron, and it must be gathered before the Sunne-rising.

Swinesgrasse may be gathered when it pleaseth you, in time of néed.

Cammomill should be gathered in Aprill.
Pellitory should be gathered in June, before the Sun-rising.
Red Docke should be gathered when they néed daily.
Longd béefe must be gathered in June and July.
Peniwort must be gathered in the beginning of winter.
Germander should be gathered in Lammas month.
Dragant should be gathered in June and July.
Columbine in Lammas month.
Addertoung must be gathered in Aprill.
Pedelion when thou wilt.
Groundsill alway after midday.
Walworth, when it pleaseth you, without iron.
Violet should be gathered in the month of March, and in this month should Violets be put in sugar and sirrop.

Roses should be gathered in Aprill or May, and of them should bée made Suger-roset in sirrop of Roses, and in the same month should oile be made of Cammomill.
Rosemary flowers should be gathered in May.
Sentory when it begineth to flower.
Organum in the month of June.
Solsequi should be gathered the sixtéenth day of August, before the Sun-rising, without iron.
Harts-tongue should be gathered before day in November.
Aristologia should be gathered the same time.
Garlike may be taken when you néed for Medicines.
Wilde Garlike should be gathered when it flowreth.
Gourds should bée gathered in the end of September, when they

be ripe, and dried where the Sunne may be all day.

Wilde Rep-berries should be gathered when they war yellow.

Cucumber should bée gathered when the fruit is ripe, and the fruit should bée laid under Vines, where the Sunne may not have all his strength on it in a moist place, that it may rot, for then the seed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yeare.

Saffron should be gathered before the Sunne arise.

Godur, that groweth among Flax, should bée gathered when hée beginneth to flowre, and it may be kept thrée yeares.

Gleber should be gathered in harvest time.

Fennell séeds should be gathered in the beginning of harvest, and two yeares they may be kept.

The roots of Fennell should be gathered in the beginning of the yeare, and two yeares they are good.

Baldemoney, that some men call Gentian, should be gathered in the last end of the yeare, and foure yeares it is good enough.

The root of this herbe is used, and how thou shalt know him is this, that he be very bitter, the lesse bitter, the worse.

Also loke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galingale is called in Physicke Typus, it may be taken at all times when you will, but best it is in the end of Mer: and thrée dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must kéepe it in the shadow.

Flower-deluce should be gathered in the end of Mer, and dried in the Sun, and it will last two yeares well.

Here follow the sundry vertues of Roses, for divers Medicines. chap. 112.

Roses be cold and moist in two degrées: It hath these vertues, stampe it and lay it to a sore that burneth and aketh, and it shall cease both the burning and aking.

Also it is good for the Feaver in the stomacke, and against all evils that are gendred in hot humors.

Also, let any woman drinke it with wine, and it shall forthwith cause her to restraine bléding, and help the marrowes of the wombe.

Also make oyle of Roses, and that is a principall receit for pricking in sinewes, and the water thereof is good for sore eyes, and for hot evils, and the oyle is good for the head ache to anoint therewith the temples, and the root of him is good to draw forth iron or other things in a mans foote, and the redde rose is much better than the white.

The sundry vertues of Lillies. chap. 113.

Lillies are cold and dry in the third degrée, and so saith Galen, that who so séetheth the leaves in water, it is a noble plaister for sinewes that are shortned, and it is good for all manner of burnings and scaldings.

Also, when the leaves and rootes are sodden in olde wine, and tempered up with honey, it is a profitable plaister, for sickneste that are starven. Also the water and the juyce is good for to wash thy blisters, and to take away the freckles on mans visage or womans: and the root is good to ripe therewith botches, and for to breake them.

Of the sundry vertues of Milfoyle. chap. 114.

Milfoyle is hot and drie in the second degrée, it is good to stanch the bloody flux, and the juyce thereof healeth the biting of a red hound: and if it bé sod in red wine, drinke it, and it slayeth wormes in the wombe, and it softneth the hardnes in a mans womb, and helpeth the Jaundis and dropsie.

And

And take the herbe and stampe it, and temper it with Vineger, and it will doe away blood in woundes, and it will cease the toothach when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the sore.

The sundry vertues of Rosemary. chap. 115.

Rosemary is hot and drie: take the flowres thereof, and put them in a cleane cloth, and boyle them in faire cleane water, untill halfe bee wasted, and cole it, and drinke that water, for it is much worth against all manner of evils in the body.

Also, take the flowres, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also, eat the flowres with honey fasting, with sowre bread, or else with other bread and there shall arise in thee no evill swelling.

Also, take the flowres, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boile the flowres in Goates milke, and then let them stand all night under the aire covered, and after that give him to drinke thereof that hath the Tisicke, and he shall bee holpen.

Also, if there bee any man that is rammage, take the flowres, and leaves a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Balneat, and it shall heale him.

Also, boyle the leaves in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no corne spring out, but thou shalt have a faire face.

Also, put the leaves under thy bed, and thou shalt be delivered of all evill dreames.

Also, break the leaves to powder, and lay it on the Canker, and it shall kill it.

Also, take the leaves, and put them in a wine vessell, and it shall keepe the wine from all sowrenes and evill savours: and if thou wilt sell thy wine, thou shalt have good speed.

Also, if thou bee feeble with unkinde sweat, boyle the leaves in cleane

cleane water, and wash thy head therewith, and thou shalt be deliuered from that evill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein a sop: eat thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou have the Flux, boile the leaues in strong Eyzill, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrawne.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and binde them in a linnen cloth, and winde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Eyzell, and binde them to thy stomacke in a cloth, and it shall deliuer thee of all evils.

Also, if you have the cough, by stirring, or by any other way, drinke the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary, and drinke it, and if thou be in the pose, thou shalt be deliuered.

Also, take the timber thereof, and burne it in coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therein, it shall slay them, and keepe thy teeth from all evils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barrell, and drink thou of the drink that standeth therein, and thou needst not dread of any evill being therein: and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much increasing of it selfe.

And if a man have lost his smelling of the ayre, that he may not draw his breath, make a fire of the wood and bake his bread therewith, and eate it, and it shall keepe him well.

Also, a man that hath the Gout, take Oyle of Roses, and the yolke of an Egge, and the flowers of Rosemarie and meddle them together, and doe it to his foot, and he shall be holpen.

How

For to make a speciall soveraigne water, which is of three colours, and it is called the mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any sore old or new, and it is thus made.

chap. 116.

Take Turpentine foure pound, of Frankincense, Mastick, of either two ounces, Allowes Epaticke, Dates stones, Labdanum, Castorium, rootes of Betanie, rootes of Enula Campana, of each two ounces, distill them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth above the other; the third water is reddish like Saffron, and when it beginneth to bee redde and thicke like honey, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lye an houres space, and then mount up to the toppe, as true Balsom doth: and with this water, if you wash your face twice a day, and chiefly your Nostrils, it cureth the rewme descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any sore legge or arme that hath dead flesh, it will cleanse it, and drive away the ache within five houres space, and it consumes all Apostumes, Ulcers, Fistulaes, Puskules, Emeroids, and healeth all greene wounds. And if ye dip a linnen cloth therein, and make it fivefold, and lay it to the noddle of your necke, it healeth the Palsie: and so likewise it cureth the Gout, or any sinnew that is drawne together therewith, bathe it three or foure times together warme.

The water that is of the colour of blood, is of such vertue, that if a leaprous man or woman use therof fifteene daies together halfe a spoonefull every day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twenty houres, if it be not mortall.

And it healeth all kind of cankers, crepes, Noli me tangere, within fifteene dayes, if you wash them with the said water every third

day, and if you make rags of cloth, and dip it in the same water, and lay it upon a plague sore, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you drop one drop in the eye that hath a pearle, or is halfe blinde, it will recover it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recover the Strangury or dissure within sixe houres, and breaketh the stone within two houres, whether it be in the reines or in the bladder. The water that hath the colour of bloud is most precious: it comforteth the weake member, and preserveth the body from all diseases, and purifieth rotten bloud, and healeth all diseases of the Milt, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten bloud, and putteth away ill humors, and healeth all agues. This water must be used from the moneth of November, to the month of Aprill, and you must take but halfe a spoonefull at once, nor oftner than once a weeke.

The manner to make this water: yee must have a glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse-dung, so that it bee not moist, nor too wet, lest the glasse breake, and you must leave the necke of the glasse without in the ayre; that glasse through heat of the dung will boyle sore, so that the water will ascend to the necke of the same, and descend againe to the bottome through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leave it in eight dayes.

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiver, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into red colour, change the Receiver, for then beginneth the second water to come, and that will keepe well in a glasse well stopped.

The spices that goe to this water, be these, with the hearbs, Cardanum, Cloves, Nutmegs, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Mugwort seedes, Fennell seedes, Annis seedes, Flowers of Basill, Elderne flowers, redde Roses and white, Lignum Aloes, Cubibes, Cardamum, Calamus Aromaticus, Maces, Germander, Frankincense, Tormentill, Juniper, Egrimonie, Dentory, Fumitorie, Pempernell,

nell, Dandelion, Eufrage, Endive, ſeedes of Hazell, yellow Sanders, Fetherfoy, Aloes, Epatick, of each two ounces, Rubarb, two drammes, dry Figges, Reaſins, Dates without ſtones, ſweet Almonds, of each two ounces, Aqua vitæ, to the quantity of them all, that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called, The mother of all waters.

A perfect way to cure the loathſome diſeaſe of the French pocks, paines in the loynes, lameneſſe of limmes, paleneſſe of colour, loathſome ſcabbes, or any other filthy diſeaſe proceeding of ſuperfluous or evill humours, as alſo to aſſwage over-groſſe and foggie fat bellies, and that without danger.

chap. 117.

Firſt, it is needfull to provide for the ſicke body a cloſe and cleane Chamber out of all groſſe aire, and cleane warme garments, both for body and legges, and at riſing and going to bed, a fire of Charcoales, for wood is not ſo wholeſome, for ſmoaking: alſo, they muſt not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which muſt be new altered: alſo the ſicke body muſt eat but little meat, and that kind of meate as ſhall hereafter be preſcribed, and at ſuch time as ſhall be appointed, and let the ſicke body uſe playing on inſtruments, or heare ſome playing, or tell merry tales, and let him have no company of any woman, for that is a moſt dangerous poyſon for the health of any perſon in that caſe.

Secondly, you muſt prepare two braſſe pots or elſe iron, one being foure gallons, the other ſix gallons, one for ſtrong drink, the other for ſmall drink.

Alſo, you muſt have cloſe covers to them of braſſe or iron, you muſt alſo prepare certaine good earthen veſſels, with cloſe covers, to keepe your drinke in, of both ſorts by themſelves. Moreover, you muſt have a ſtrainer, of a ſearce-cloth, to ſtraine your drinke after it is decoct, Inſtruments to take out the dead fleſh, and to

search a sore, and a syringe to cleanse any sore being deepe, with the same drinke. Also you must have a wooden vessell to bathe the sicke body in, at such times as hereafter shall be appointed. Also you must prepare cleane clothes to drie the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must be of a good Conduit or running broke, very cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, ye must take your pot of foure gallons, and set it on a fire of coales, with the foure gallons of the faire running water, then put into the same one pound and halfe of your wood, small raped, or turned at the Turners, but when you doe buy your wood, see it be not old, and lacke moisture: this triall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle upon every side of the coale like Pytche: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole in the same, and one halfe quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay paste above the cover, and so fast, that no aire come out, then seeth it on a soft fire, but ever keepe it boyling, and let it boyle at the least eight houres, then set it by, and unstop it not until it be cold, then take your Pearce, and straine it into a faire earthen pot, and cover it close. The sicke body must drinke of this but one draught lukewarme in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood raped, and a quarter of Cummin seeds, and decoct it in all kinde of things even as the other, being close stopped, and when it is cold, straine it into an earthen vessell or vessels, and that must the party drinke at meale, and at other times when he list to drinke, and spare not, but drawe it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clock, and then eat a dozen or twenty Reasins of the Sun, and no bread, but a draught of strong drinke warme,

and

and about eleven of the clocke, let the ſicke body eate a little meat as may ſuffice nature, and what meat it ſhall be hereafter ſhewed: then let the ſicke body walke ſome-whiles in his chamber, or read ſome booke, or play on inſtruments, to keepe him from ſléeping: then at ſix of the clocke at night, a dozen of Reaſins of the Sunne, and nothing elſe but a draught of ſtrong drinke warmed.

Sixtly, give to the Patient to eate, theſe meats following, Chickin, Partridge, Feaſant, Hen, Capon, Rabbet, Conny, Veale, Mutton, and none other, nor any ſalt nor leavened bread, nor Rie bread, and very ſeldome roſted but boiled in water, and no Broth nor Pottage, nor any kind of ſauce, if the ſicke body have roaſt, let it be but every third meale, and no kind of fiſh, milke, or fruits, Reaſins excepted.

Seventhly, once in thrée dayes, for the firſt nine dayes in the morning, let the ſicke body drinke a good draught of the ſtrong drinke ſomewhat warme, and then lay very many clothes on him, till hée ſweat for the ſpace of two houres: then eaſe ſome of the clothes, and have warmed linnen clothes, and rub all the body dry ere he riſe, if he have any ſores that be déepe, waſh the ſore with ſtrong drinke, and with a ſcarce; and dip a little cloth in the ſtrong drinke, and lay it to the ſore, whether be ſore or knobs.

Eightly, after nine or ten dayes be paſt, once in thrée dayes let the ſick body be bathed on this ſort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaves, and red Sage, and Fennell alſo, and by a good fire, when the ſicke body is going to bed, put the water and hearbs into a veſſell of wood, and let the ſicke body ſtand upright in it by the fire, and take up the hearbs, and rub the body of the ſick Patient downwards, & then dry him with warme clothes: uſe this thrée weékes, and by the grace of God, the ſicke body ſhall be made whole, whatſoever hée be: then if the party bée very weake, after nine or ten of the firſt dayes, let him eate every day at foure a clocke in the after-noone a new laid Egge poached in faire water, & as much new bread as may ſuffice nature, and a little cleane wine. Uſe this diet with good regard, as before preſcribed, and (by the grace of God) they ſhall be perfectly cured of their diſeaſes above mentioned.

The manner to make another kinde of diet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in divers parts of the Realme.

chap. 118.

Take of the best Guaicum, most heavy, and full of Gum, foure pound; let it be well rased with a Rape, or turned into fine chips by a Turner, and of the same barkes two pound: of Cardus Benedictus, which is called the blessed Thistle, halfe a pound, of Maydenhaire, Cetrach, the flowres of wilde and Garden Buglosse, and one pound, sweet Callia, six ounces, Anis-seed one ounce and a halfe, white Sugar six pound, cast all these into a wine vessell cleane and apt for the same purpose, upon which powre of the cleanest and best white Wine that may be got, in quantity one hundred and fifty pound, cover this vessell three dayes, then straine it thorow an haire cloth: then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Guaicum at dinner and supper, the Patient may betweene the times, as one houre before or after dinner and supper, drinke foure or five ounces. Also your aforesaid receipts may bee put in cleane new white Wine or claret wine, being fined and made in the prescribed manner.

Furthermore, the Patient that hath the Por, Dropsie, or Gout, may drinke among, this worthy medicine following, the dosse or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Maidenhaire, cleane fresh Hops, Fumitory, Citrach, called Asplenum, Sene of Alexand. of each three drammes, great Centaury tops, Liquorice, Polipody, wild and garden Buglosse, each foure ounces, Anis seeds, Nigella Romana, the flowres of Buglosse, the three Saunders, Cinamon, of each five ounces; put this into 24. pound of the Guaicum water, sodden after the description in the Compounds following. then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another seething kettle upon the fire, so let it stand and seeth for twenty houres faire

and

and softly, then straine it, and keepe it in a cleane close vessell for the use aforesaid. But if the Patient be full of humours, then do thus: take Sene Alexand. two pound, Succa Rosarum solatina, six pound, white Sugar seven pound, Rubarb elected three ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone-pot with a narrow mouth: powre into this pot xviij. pound of the common Guaicum water, made in manner in the compound following: stop your pots mouth, seeth it in the foresaid manner upon a soft fire 24. houres, untill it come to a thinne sirrop, called Jelup, then straine it, and keep this precious purging drinke for morning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread three ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Feasant, small birds of the wood roasted, except sodden meats: and if the common drinke be too strong, then the Patient may powre there unto some small cleare Wine, or Beere: let the Patient be merry, kept in a faire cleane chamber, with sweet perfumes, not much feeding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Venery, Wines, Fish, grosse flesh, pottage, and white meat: care, anger, cold, much heat; and by Gods helpe ye shall have present remedie, whether it be for the Pore, or to cleanse the reynes, or for them that be over-fat or feggie people, full of grosse humors, gotten with ease and feeding: and to rebate and allwage their fogginesse without hurt, but rather renue them (as it were) and make them seeme yong. It helpeth also the Gout, Dropsie, Sciatica, Canker and Timpanie, and many other loathsome diseases, that proceed from over-great abundance of grosse humours, also for extreame paine in the joynts.

The manner to chuse the best Guaicum, or Lignum vitæ.

Chap. 119.

OF this wood Guaicum, there are three kinds: the first is black within, in the heart pale coloured, having in it russet lines, very hard and heavy. The other blacke within, but white without, having very small lines, is hard and heavy, and not so great as the first. The third is all right white within and without, having very small lines, and the heart of this wood is best, the arme of the

Tree

tree is better than the body, the boughes nerer the fruit have the more vertue, warmnesse, and vitnesse, than the lower parts of the tree, which are more grosser, and more earthly of nature: and the more vitious the wood is, it is the better: the sap is not so good as the heart, neither the barke so good as the sap. But the white wood is sweet, and most excellent in operation, and is Lignum sanctum, the holy wood. The barke of the straight young branches or boughs, being heavy and white, moist, and without lines, hard compacted, be the best barkes for the Pox. All these woods called Guciaci, have a Rozin, or matter like Beniamin, or pleasant Gum within the wood, which is the spirit or lively helping humour in decoction for the Pox, in the sinewes, veines, muskles, head, hands, feet, and the bones: No sickenesse is so sharpe and cruell to nature, but this precious wood will doth quickly and gently asswage the pain and griefe of the same, if it be ministred accordingly in decoction, namely to them, whom either the Pox hath tormented, or else the Gout with intolerable griefe.

A most certaine and approved remedie against all manner of pestilence or plague, be it never so vehement.

chap. 120.

Take an Onion and cut him overthwart, then make a little hole in each peece, the which you shall fill with fine Treakle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloth, putting it to roast, covered in the Imbers or ashes: and when it is rosted enough, presse out all the juyce of it, and give the Patient to drinke therof a spoonfull; immediately he shall feele himselfe better and shall without faile be healed.

To make a ſirrop of Vineger, good for many things.

chap. 121.

Take ſharpe Vineger a pound and a halfe, Suger two pound and a halfe, boyle it till it be a ſirrop. It will digeſt Choler, Melancholy, and Flegme: it will make groſſe humours thinne: openeth obſtructions, prouoketh urine, expelleth naughty humours: is good againſt all peſtilent Feauers, coleth and quencheth thirſt, and keepe the body loſe.

To comfort the heart, and take away Melancholy.

chap. 122.

Take the iuyce of Bozage foure pound, the flowres of Bozage halfe a pound: let theſe ſtand infuſed in hot embers fourteene houres, then being ſtrained and clarified, put to of good Suger two pound, and boyle it to a ſirrop.

A ſirrop to cleanſe the Breſt and the Lungs, the Cough and the Pluriſie.

chap. 123.

Take Licozas ſmall ſhred and bruiſed, an ounce, Maidenhaire halfe an ounce, Hyſop two drammes, water two pound, let theſe lie mixt foure and twenty houres, then boyle it till the third part be conſumed, then ſtraine it, and put into the ſame of good honey, of Suger penuet, and white Suger, of each foure ounces, and Roſe water three ounces.

For ſpetting either of Lights or Lungs.

chap. 124.

Take the iuyce of Purſlane, and Plantine, of each an ounce, red Coralll a dram, and bloud ſtone half a dram fine powdred, mixt together, vſe it.

For wormes in yong children. chap. 125.

Take Lupines, and make flowre of them, which kneaded with honey, lay it to the stomacke of the childe.

For the swelling of the Cods. chap. 126.

Take Rue stampt, lay it to the grieved place, and thou shalt have present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Oaken leaves, and sethe them in Claret wine, being well beaten, lay it as hot as may be suffered upon the yard in a plaister fashion.

For the head-ach. chap. 128.

Take the juyce of Marjorum, and put it into the Nostrils, and it will helpe you.

For the griefe of the stomacke. chap. 129.

Take Mallicke, Cloves, Nutmegs, of each a dram, Mace and Cinamon, of each halfe a dramme fine powdered: then take the bottome of a browne loafe toasted, and dipt in Malmesie, strewing of the said powder upon it, lay it to the stomacke, and it is a present remedy.

For the Itch. chap. 130.

Take unwrought Wax, fresh Butter, Rose Vineger, red Rose-water, Brimstone finely beaten, and Cloves all boyled together: make an ointment, and use.

A Gargill for a sore throat. chap. 131.

Take white Wine, conduit-water, of each a pound, Roch Allum, halfe an ounce, two spoonefull of honey, boyle all to a pound and a halfe, and use it three or foure times a day.

A water for Scabs, Vlcers, and Puſhes. chap. 132.

Take Plantine water halfe a pound, water of Orenges foure ounces, Sublimate powder, an ounce, put all in a double glaſſe, or ſome other good veſſell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane veſſell, which uſe three or foure ſundry times, and it will heale them.

To make a water to take out all ſpots of cloth of gold, and velvet. chap. 133.

Take rawredde Arſnicke, Martem Cudum, of each of them a like quantity, and when they be well brayed, powre ſome faire water upon them, and then putting the heard Cinkefoyle to it, ſeethe it unto the halfe, and then let it coole, and ſet it in the ſun two houres: then waſh your cloth in it, and let it dry in the Sunne.

To take ſpots of greaſe and oyle out of all ſorts of cloth, white or other. chap. 134.

Take the water that Peaſe hath bene ſod in, and ſteepe your cloth where the ſpot is in it, and then waſh it in cleane river water, and drie it in the Sunne.

To take all manner of ſpots out of ſilke. chap. 135.

Take the juyce of great and round Muſhroms of a ſharp taſte, wet the ſpots in it the ſpace of two houres, and then waſh them with cleare water, and then let them drie.

To take ſpots out of cloth. chap. 136.

Take cold lye, and lees of white Wine, made a little hot, and mix them well together. But you muſt take heed they be not too hot, and waſh your cloth.

A soveraigne remedy for the Cough. chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new laid Egge soft rosted, mingle it well together, then put to it Benjamin the bignesse of a Witch Pease, lightly stamped, and drink it in the morning for your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough have holden you long, you must take it so much the oftner.

To keep your Poultry from destroying with Weasels. chap. 138.

Rub your Poultrey with the juyce of Rue or Herbe grace, and the Weasels shall doe them no hurt; If they eat the Lungs of a Fox, the Foxes will not eat them.

A briefe Treatise of Vrines; as well of mens Vrines as of womens: to judge by the colours, which betokeneth health, which sickenesse, and which death, chap. 139.

IT is shewed, that in foure parts of the body dwelleth sickenesse and health, that is, in the wombe, in the head, in the liver and in the bladder. In what manner thou must know their properties, and thereof thou maist learne.

If a mans urine be white at morne, and red before meat, and white after meat, he is whole. And if be fat and thicke, it is not good: and if the Urine be meanly thicke, it is good to like. And if it be thicke as Alle-pisse, it betokeneth head-ache.

Urine that is two daies red, and the third day white, betokeneth very health.

Urine that is fat, white, & moist, betokeneth the feaver quartaine.

Urine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betokeneth of the reynes: who pisseth bloud without sickenesse, hath some veine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sickenesse, betokeneth great evill within the body, and namely in the blander.

Urine that falleth by droppes above, as it were great boines, betokeneth

tokeneth great ſickneſſe and long.

Womens Urine that is cleare and ſhining in the Urinall as ſilver, if ſhe caſt off, and if ſhe have no talent to meat, it betokeneth ſhe is with childe.

Womens Urine that is ſtrong and white with ſtinking, betokeneth ſickneſſe in the reynes, and in her ſecret receits, in her chambers full of evill humors, and of ſickneſſe of her ſelfe.

Womens Urine that is bloudy, and cleare as water under, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that ſhe hath luſt to man.

Womens Urine that hath colour of ſtable cleanſing, betokeneth her to have the Feaver quartaine, and ſhe to die the third day.

Womens Urine that appeareth as colour of lead, if ſhe be with childe, betokeneth that it is death within her.

Hereafter follow all the Vrines that betoken death, as well the Vrine of the man as of the woman. chap. 140.

In a whole Aris, one part red, another black, another greene, and another blue, betokeneth death.

Urine in whole Aris, blacke and little in quantity, fatty and ſtinking, it betokeneth death.

Urine covered over all as lead, betokeneth prolonging of death.

Urine that ſhineth raw and right bright, if the skinne in the bottome ſhine not, it betokeneth death.

Urine thin in ſubſtance, having fleeting above as it were a darke ſkie, ſignifieth of death.

Urine durty, ſtinking, and darke, with a darke ſkye within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it have a darke ſkye in an Aris, it betokeneth death.

Urine that hath dregs in the bottome meded with bloud, it betokeneth death.

Urine blacke and thicke, if the ſicke loath when he goeth to the privy, and when he ſpeaketh overthwart, or that he imbecaudeth not aright, and if the ſickneſſes goe not from him, they betoken death.

The Table of the Secrets in this Booke.

To make a Marchpane. Chap. 1
To guild a Marchpane, Tart, or such like. 2
To bake Quinces. 3
To keepe Quinces unpaired a whole yeere. 4
To make Rose vineger. 5
Suger paste to make conceits for banquets. 6
To make Orenge Confects. 7
Ianch powder for rosted Quinces. 8
To conserve Quinces in sirrop. 9
To conserve plums or Damasins in sirrop. 10
To make Walnuts in sirrop. 11
To make Marmalade of Quinces. 12
Marmalade of Damasins or Prunes. 13
Succade of peeles of Orenges or Limons. 14
Greene Ginger. 15
Manus Christi. 16
Aqua Composita. 17
Aqua vitæ. 18
To make divers necessary Oyles of great vertue. 19
To make conserve of Roses, Violets, Bugloss, Borage, Rosemary. 21,22,23,24
To keepe Cherries or Gooseberries condite. 25
To make Gelly of Quinces, after my Lady Gray Clements sort. 26
To preserve Quinces all the yeere as it was used for K. Edw. 27
To make Quinces in sirrop. 28
To make a conserve of Damasins. 29
To preserve Damasins. 30
To make Wardens in sirrop. 31
To make Prunes in sirrop. 32
The vertue of conserve of Succary, Elder-flowers, Sorrell, Maiden-haire. 33,34,35,36
To make conserves of Elecampana rootes, of Acornes, or Gladen, of Strawberries, of Cherries and Barberries, with their vertue. 37,38,39,40
To make all kinds of sirrops. 41
A Violet powder for woollen clothes, &c. 42
A sweet powder for Napery and all linnen clothes, &c. 43
A pomander. 44
A fine fumigation to cast upon the coales. 45
The same in Oslets. 46
A moist fume upon a fuming-dish. 47
A fumigation for a presse, and clothes against moths. 48
A perfume for a chamber. 49
A damaske perfume. 50
A sweet ball against the plague. 51
To make an odoriferous white powder. 52
A fine red powder. 53
A sweet blacke powder. 54
A powder wherewith to make sweet waters. 55
Rules to bee observed in distilling of all hearbes and flowers. 56
To make the water of the same colour

colour of the herbes you diſtil. 57
A compound water to perfume gloves, &c. 58
Damaske water. 59
Another manner of making Damaske water. 60
The knowledge of the names, & naturall diſpoſition of divers diſeaſes. 61
Divers neceſſary obſervations, both Phyſicall and Aſtronomicall. 62
Certaine ſecret remedies appertaining to women, 63, 64, &c. untill you come to 76.
Powder of Holland againſt the chollicke. 77
A powder to cauſe a gentle laske. 78
A receit to reſtore ſtrength, being weake with ſickneſſe. 79
To make Looſings. 80
To perfume gloves eight manner of wayes. 81
A perfume for Cheſts, and Cupboord, &c. 82
To colour gloves. 83
Muske Sope. 84
Red ſealing wax. 85
To keepe Damaſins or plummes in ſirrop. 86
A water for the face, uſed for Gentlewomen. 87
A water for heat in the face, and for pimples. 88
To know if a woman ſhall ever conceive or no. 89
To make a barren woman to beare children. 90
To make women in labour have ſpeedy deliverance. 91
To ſtop the running of the reines three manner of wayes. 92
To ſtrengthen the ſeed of man or woman. 93
For the gnawing in a womans ſtomacke. 94
To make ſweet Domask powder foure manner of wayes. idem.
To make Pepper ſoft, with the vertue of the ſame. idem.
For the Ague in a womans breſt. 94
For breſts that be ſore with milk. 95
For a ſore breſt. 96
To keepe a womans breſt from breaking. 97
For the unnaturall heat of the liver. 98
For the canker in the mouth. 99
To make the face faire and the breath ſweet. 100.
To make haire as yellow as gold 101
To drive all venemous beaſts from your houſe. 102
A remedy for all poyſon eaten or drunken. 103
To drive away lice. 104
To make Doctor Stevens water, with the ſoveraigne vertue of the ſame for many things. 105
To make a water to take away Sunburnings, ſpots, and ſtayningsof the face & hands. 107
To heale leapry faces, and ſwollen legges. 108

A singular oyntment for burning with fire. 108
To draw out an arrow-head or other iron out of a wound. 109
For one that hath his head swollen with a fall. 110
To know what time herbs should be gathered in their ful strength and vertue. 111
he sundry vertues of Roses. 112
he sundry vertues of Lilies. 113
he sundry vertues of Milfoile. 114
The sundry vertues of Rosemary. 115
To make a soveraigne water of three colours, called the Mother of all waters. 116
To make two of the best & usuall sorts of diet drink, with the perfect manner to cure the French pocks, and other lothsome and grievous diseases. 117. 118
he manner to chuse the best Guaicum, or Lignum vitæ. 119
A most certaine and approved remedy against all manner of pestilence or plague, be it never so vehement. 120
To make a sirrop of Vinegar good for many things. 121
To comfort the heart, and take away melancholy. 122
A sirrop to cleanse the brest and the lungs, the cough and the plurisie. 123
For spitting either of Lights or Lungs. 124
For wormes in young children. 125
For swelling of the Cods. 126
For him that cannot hold his water. 127
For the head-ach. 128
For griefe of the stomacke. 129
For the Itch. 130
A Gargill for a sore throat. 131
A water for Scabs, Vlcers, and Pushes. 132
To make a water to take out all spots out of cloth of gold or velvet. 133
To take spots of grease and oile out of all sorts of cloth. 134
To take all manner of spots out of silke. 135
To take spots out of cloth. 136
A remedy for the cough. 137
To keepe Poultry from destroying with Weasels. 138
A briefe Treatise of Vrines. 139
To know Vrines that betoken death.

FINIS.